

# Korean Garlic-Soy Chicken Bao Buns

with Cheesy Bacon Fries & Cucumber Salad

BAO BONANZA

Grab your meal kit with this number

32



Potato



Diced Bacon



Cheddar Cheese



Cucumber



Apple



Spring Onion



Chicken Thigh



Garlic Paste



Soy Sauce Mix



Sweet Chilli Sauce



Cornflour



Gua Bao Buns



Mixed Salad Leaves



Garlic Aioli

Prep in: 20-30 mins  
Ready in: 35-45 mins

Eat Me Early

These bao buns are a luxurious dinner night option packed with colour, crunch and a trifecta of sweet, salty and garlic flavours! Pair with our cheesy bacon fries for a satisfying and crispy side.

### Pantry items

Olive Oil, Plain Flour



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                     | 2 People        | 4 People                              |
|---------------------|-----------------|---------------------------------------|
| <b>olive oil*</b>   | refer to method | refer to method                       |
| potato              | 2               | 4                                     |
| diced bacon         | 1 medium packet | 1 large packet                        |
| Cheddar cheese      | 1 medium packet | 1 large packet                        |
| cucumber            | 1               | 2                                     |
| apple               | 1               | 2                                     |
| spring onion        | 1 stem          | 2 stems                               |
| chicken thigh       | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| garlic paste        | 1 packet        | 2 packets                             |
| soy sauce mix       | 1 packet        | 2 packets                             |
| sweet chilli sauce  | 1 medium packet | 2 medium packets                      |
| cornflour           | 1 medium sachet | 1 large sachet                        |
| <b>plain flour*</b> | 1 tbs           | 2 tbs                                 |
| gua bao buns        | 6               | 12                                    |
| mixed salad leaves  | 1 small packet  | 1 medium packet                       |
| garlic aioli        | 1 medium packet | 1 large packet                        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving      | Per 100g       |
|-------------------|------------------|----------------|
| Energy (kJ)       | 4739kJ (1132Cal) | 611kJ (146Cal) |
| Protein (g)       | 55.9g            | 7.2g           |
| Fat, total (g)    | 41.6g            | 5.4g           |
| - saturated (g)   | 10.9g            | 1.4g           |
| Carbohydrate (g)  | 116.2g           | 15g            |
| - sugars (g)      | 37.6g            | 4.9g           |
| Sodium (mg)       | 1768mg           | 228mg          |
| Dietary Fibre (g) | 6.9g             | 0.9g           |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the cheesy bacon fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.
- In the last **8-10 minutes** of cook time, sprinkle **diced bacon** and **Cheddar cheese** over fries (you may need to break up the bacon with your hands!). Return to oven and bake until melted and golden.



## Make it saucy

- Return all **chicken** to pan, then add **soy sauce mixture**, tossing **chicken** until well coated.



## Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **apple** into wedges.
- Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **garlic paste** and a drizzle of **olive oil**. Season with **pepper** and set aside.
- In a small bowl, combine **soy sauce mix**, **sweet chilli sauce** and a splash of **water**, then set aside.



## Heat the bao buns & toss the salad

- While chicken is cooking, place **gua bao buns** on a microwave-safe plate and cover with a damp paper towel.
- Microwave on high for **1 minute**. Set aside to rest for **1 minute**.
- In a large bowl, combine **cucumber**, **apple**, **mixed salad leaves**, **garlic aioli** and a drizzle of **olive oil**. Season to taste.



## Fry the chicken

- When the fries have **10 minutes** remaining, in a second medium bowl, combine **cornflour** and the **plain flour**. Add **chicken** and toss to coat.
- In a large frying pan, heat a generous drizzle of **olive oil** over medium-high heat.
- When oil is hot, dust off any excess **flour** from chicken, then cook, tossing occasionally, until browned and cooked through (when it's no longer pink inside), **5-6 minutes**.

**TIP:** Cook chicken in batches if your pan is getting crowded!



## Serve up

- Uncover baos, then gently halve buns and fill with some cucumber salad and Korean garlic-soy chicken.
- Serve baos with cheesy bacon fries and remaining salad.
- Sprinkle over spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)