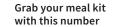


# Korean Garlic-Soy Chicken Bao Buns with Cheesy Bacon Fries & Cucumber Salad

BAO BONANZA









Potato





Cheddar Cheese

Cucumber



Apple







Chicken Thigh Garlic Paste





Soy Sauce Mix

Sweet Chilli Sauce





Cornflour



Mixed Salad Leaves



Garlic Aioli

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



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
olive oil*	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 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
plain flour*	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

<sup>\*</sup>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 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.



# 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.



# 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!



### Make it saucy

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



#### 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.



### 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!



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