

# Sweet & Sour Popcorn Chicken Bao Buns

with Cheesy Bacon Potato Chunks & Creamy Apple Slaw

BAO BONANZA

Grab your meal kit with this number

32



Potato



Diced Bacon



Cheddar Cheese



Apple



Spring Onion



Chicken Thigh



Sweet Soy Seasoning



Cornflour



Sweet & Sour Sauce



Sesame Seeds



Gua Bao Buns



Shredded Cabbage Mix



Garlic Aioli

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

Eat Me Early

Delicately fluffy bao buns are the perfect vessels for succulent chicken pieces complete with a crunchy coating and our creamy apple slaw. Pair with loaded potato chunks for an unforgettable flavour sensation that will have you coming back for more!

**Pantry items**

Olive Oil, Honey



## 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
apple	1	2
spring onion	1 stem	2 stems
chicken thigh	1 medium packet	2 medium packets OR 1 large packet
sweet soy seasoning	1 sachet	2 sachets
cornflour	1 medium sachet	2 medium sachets
sweet & sour sauce	1 packet	2 packets
<b>honey*</b>	½ tsp	1 tsp
sesame seeds	1 medium sachet	1 large sachet
gua bao buns	6	12
shredded cabbage mix	1 medium packet	1 large packet
garlic aioli	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4898kJ (1171cal)	360kJ (86cal)
Protein (g)	57.9g	4.3g
Fat, total (g)	44.3g	3.3g
- saturated (g)	11.3g	0.8g
Carbohydrate (g)	119.2g	8.8g
- sugars (g)	39.6g	2.9g
Sodium (mg)	2440mg	179.5mg
Dietary Fibre (g)	9.2g	0.7g

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 loaded potato chunks

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



## Make it saucy

- Wipe out frying pan, then return to medium-high heat.
- Return **chicken** to the pan, then add **sweet & sour sauce**, the **honey** and **sesame seeds**, tossing, until well combined, **1 minute**.



## Get prepped

- Meanwhile, cut **apple** into thin sticks.
- Thinly slice **spring onion**.
- Cut **chicken thigh** into 2cm chunks.
- In a medium bowl, combine **chicken**, **sweet soy seasoning**, a drizzle of **olive oil** and a pinch of **pepper**.



## Heat the buns & assemble slaw

- 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 second medium bowl, combine **shredded cabbage mix**, **apple**, **garlic aioli** and a drizzle of **olive oil**. Season to taste.



## Cook the chicken

- When potato has **10 minutes** remaining, to the bowl with the chicken, add **cornflour**. 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 and cook **chicken**, tossing occasionally, until browned and cooked through (when no longer pink inside), **5-6 minutes**.
- Transfer to a paper towel-lined plate.



## Serve up

- Uncover baos, then gently halve buns and fill with some creamy apple slaw and sweet and sour popcorn chicken.
- Serve baos with cheesy bacon potato chunks and remaining slaw. Top bao buns with spring onion to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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