



Teriyaki Chicken Bao Buns

with Mayo & Pickled Cucumber

Grab your Meal Kit with this symbol



Cucumber



Carrot



Coriander



Chicken Thigh



Teriyaki Sauce



Gua Bao Bun



Mayonnaise

Prep in: 5 mins
Ready in: 15 mins

Eat Me Early

These one-bite wonders are a crowd favourite. Soft and fluffy bao buns, saucy teriyaki chicken and crunchy pickled cucumber - you just can't go wrong!

Pantry items

Olive Oil, Rice Wine Vinegar, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
rice wine vinegar*	¼ cup
carrot	1
chicken thigh	1 small packet
teriyaki sauce	1 packet
brown sugar*	½ tbs
gua bao bun	1 packet
mayonnaise	1 large packet
coriander	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3751kJ (897Cal)	664kJ (159Cal)
Protein (g)	43.4g	7.7g
Fat, total (g)	34.4g	6.1g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	88.8g	15.7g
- sugars (g)	35.5g	6.3g
Sodium (mg)	1708mg	302mg

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

1



Pickle the cucumber

- Thinly **cucumber** into thin batons.
- In a small bowl, combine **rice wine vinegar** and a good pinch of **sugar** and **salt**.
- Add **cucumber** to pickling liquid. Set aside for **10-15 minutes**, stirring occasionally.

3



Steam the buns

- Meanwhile, place **gua bao buns** on a plate with a small splash of **water** (just a small splash so they stay fluffy!).
- Cover with cling wrap or a microwave-safe bowl. Microwave on high for **1 minute**. Set aside for **1 minute**.

2



Cook the chicken

- Meanwhile, grate **carrot**. Cut **chicken thigh** into 2cm chunks.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **chicken**, tossing, until browned, **5-6 minutes**.
- Add **teriyaki sauce** and the **brown sugar**, stirring, until chicken is coated.

4



Serve up

- Drain pickled cucumber.
- Uncover bao, then gently halve buns.
- Spread each bun with **mayonnaise**, then fill with teriyaki chicken, some pickled cucumber, carrot and torn **coriander**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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