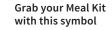


Teriyaki Chicken Bao Buns with Mayo & Pickled Cucumber













Coriander

Chicken Thigh





Teriyaki Sauce

Gua Bao Bun



Mayonnaise



Prep in: 5 mins Ready in: 15 mins



Before you start

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

You'll also need to give your fruit and

You will need

Large frying pan

Ingredients

	2 People
olive oil*	refer to method
cucumber	1
rice wine vinegar*	1/4 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the cucumber

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



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.



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.



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!

Rate your recipe

