



Maple and Miso Glazed Chicken Bao Buns

with Sweet Potato Fries and Smacked Sambal Cucumber

34

Street Food 35-45 Minutes • Medium Spice • 5 of your 5 a day



-  Sweet Potato
-  Cucumber
-  Coriander
-  Sambal
-  Rice Vinegar
-  Garlic Clove
-  Miso Paste
-  Maple Syrup
-  Soy Sauce
-  Ginger Puree
-  Chicken Thigh
-  Bao Buns

Pantry Items
Oil, Salt, Pepper, Sugar, Plain Flour

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, rolling pin, bowl, garlic press and frying pan.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Cucumber**	1	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Sambal	15g	22g	30g
Rice Vinegar	15ml	22ml	30ml
Garlic Clove**	1	2	2
Miso Paste 11)	15g	22g	30g
Maple Syrup	2 sachets	3 sachets	4 sachets
Soy Sauce 11) 13)	15ml	25ml	30ml
Ginger Puree	15g	22g	30g
Chicken Thigh**	3	4	6
Bao Buns** 13)	4	6	8

Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Plain Flour*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	746g 3885 / 929	100g 520 / 124
Fat (g)	25.4	3.4
Sat. Fat (g)	7.1	1.0
Carbohydrate (g)	131.7	17.6
Sugars (g)	37.8	5.1
Protein (g)	46.8	6.3
Salt (g)	3.86	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

11) Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Eyes on the Fries

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Fry the Chicken

Cut each **chicken thigh** into 2-3 pieces (depending on size).

Add the **chicken** to a medium bowl with the **flour** (see pantry for amount). Season with **salt** and **pepper**, then toss to coat.

Heat a large frying on medium-high heat with a drizzle of **oil**.

Once hot, lay the **chicken** in the pan. Fry until browned on each side and cooked through, 8-10 mins. Turn every 2-3 mins. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Smacked Cucumber Time

Meanwhile, trim the **cucumber**, then pop onto a board and use a rolling pin to gently smack it a few times until split. Cut into roughly 2cm chunks.

Roughly chop the **coriander** (stalks and all).

Add the **cucumber** to a bowl with the **sambal**, **rice vinegar**, **coriander** and **sugar for the dressing** (see pantry for amount). Toss to mix well and set aside for later.



Bring on the Bao

Once the **chicken** has cooked, pour your **miso sauce** into the pan. Cook until the **sauce** has thickened and the **chicken** is well coated, 2 mins.

At the same time, place the **bao buns** on a plate, sprinkle with a little **water** and microwave, 800W: 1 min / 900W: 45 secs / 1000W: 30 secs.

If you don't have a microwave, place the **bao buns** (2 per person) onto a baking tray. Bake on the middle shelf until warm and fluffy, 2-3 mins.



Make the Miso Sauce

Peel and grate the **garlic** (or use a garlic press).

In a small bowl, mix together the **miso**, **maple syrup**, **soy sauce**, **ginger puree**, **garlic** and **water for the sauce** (see pantry for amount), then mix until combined. Set aside.



Assemble and Serve

When everything's ready, pop the **bao buns** onto your plates. Fill with the **miso chicken** and a spoonful of **smacked cucumber**.

Serve with the **sweet potato fries** and remaining **smacked cucumber** alongside.

Enjoy!