















Korean Garlic Soy Fried Chicken Bao Buns

with Cheesy Bacon Sweet Potato Fries & Cucumber Salad

BAO BONANZA

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Diced Bacon
-  Cheddar Cheese
-  Cucumber
-  Pear
-  Spring Onion
-  Chicken Thigh
-  Garlic Paste
-  Soy Sauce Mix
-  Sweet Chilli Sauce
-  Cornflour
-  Gua Bao Bun
-  Mixed Salad Leaves
-  Garlic Aioli

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

 Eat Me Early

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 sweet potato fries for a satisfying and crispy side.

Pantry items

Olive Oil, Plain Flour

Before you start

Wash your hands and any fresh food.

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
sweet potato	2	4
diced bacon	1 medium packet	1 large packet
Cheddar cheese	1 medium packet	1 large packet
cucumber	1	2
pear	1	2
spring onion	1 stem	2 stems
chicken thigh	1 small packet	2 small packets OR 1 large packet
garlic paste	1 packet	2 packets
soy sauce mix	1 sachet	2 sachets
sweet chilli sauce	1 medium packet	2 medium packets
cornflour	1 medium packet	1 large packet
plain flour*	1 tbs	2 tbs
gua bao bun	6	12
mixed salad leaves	1 small packet	1 medium packet
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4743kJ (1134Cal)	612kJ (146Cal)
Protein (g)	55.9g	7.2g
Fat, total (g)	41.7g	5.4g
- saturated (g)	10.9g	1.4g
Carbohydrate (g)	116.1g	15g
- sugars (g)	37.6g	4.9g
Sodium (mg)	1762mg	227mg

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 **sweet 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.



Make it saucy

- Wipe out frying pan and return to medium-high heat.
- Return **chicken** and add **soy sauce mixture**, tossing until well coated.



Get prepped

- Meanwhile, thinly slice **cucumber** into rounds.
- Thinly slice **pear** 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**.



Prepare bao buns & salad

- While chicken is cooking, place **gua bao buns** on a plate with a 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**.
- In a large bowl, combine **cucumber**, **pear**, **mixed salad leaves**, **garlic aioli** and a drizzle of **olive oil**. Season.



Cook the chicken

- When fries have **10 minutes** remaining, in a 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, **5-6 minutes**. Transfer to a paper towel-lined plate.



Serve up

- Uncover baos, then gently halve buns and fill with some cucumber salad and Korean garlic soy fried chicken.
- Serve baos with cheesy bacon sweet potato fries and remaining salad. Sprinkle over spring onion to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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