



Hot Honey Fried Chicken Bao

with Cheesy Chips and Slaw Salad

Bao Night 35-40 Minutes • **Medium Spice** • 1 of your 5 a day

37



Potatoes



Lemon



Sriracha Sauce



Honey



Cornflour



Peri Peri Seasoning



British Chicken Thighs



Grated Hard Italian Style Cheese



Bao Buns



Coleslaw Mix



Baby Leaf Mix

Pantry Items

Oil, Salt, Pepper, Mayonnaise, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, bowl, frying pan and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon**	1	1	2
Sriracha Sauce	15g	22g	30g
Honey	30g	45g	60g
Cornflour	20g	30g	40g
Peri Peri Seasoning	1 sachet	1½ sachets	2 sachets
British Chicken Thighs**	3	4	6
Grated Hard Italian Style Cheese** (7) 8)	20g	40g	40g
Bao Buns (11) 13)	1 pack	1½ packs	2 packs
Coleslaw Mix**	120g	180g	240g
Baby Leaf Mix**	50g	70g	100g

Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	631.3g	100g
Energy (kJ/kcal)	3760 /899	596 /142
Fat (g)	37.4	5.9
Sat. Fat (g)	9.1	1.4
Carbohydrate (g)	104.9	16.6
Sugars (g)	27.9	4.4
Protein (g)	45.1	7.1
Salt (g)	1.61	0.26

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

Allergens

7) Milk 8) Egg 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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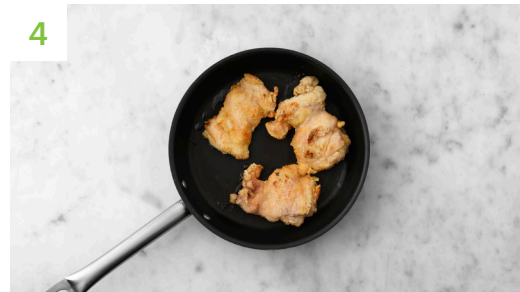
Chip Chip Hooray

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

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

Pop the **chips** 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, bake on the top shelf until golden, 25-30 mins.



Time to Fry

Once hot, carefully lay the **chicken** into the pan, reduce the heat to medium-high and fry until golden-brown and cooked through, 12-14 mins total.

Turn every 2-3 mins and adjust the heat as necessary. Discard any **cornflour** left in the bowl. **IMPORTANT:** The chicken is cooked when no longer pink in the middle.

Meanwhile, when the **chips** are halfway through cooking, remove them from the oven, sprinkle over the **cheese** and toss to coat. Pop them back in the oven for the remaining time.



Mix your Hot Honey Mayo

Meanwhile, quarter the **lemon**.

In a small bowl, combine the **sriracha**, **honey**, a squeeze of **lemon juice** and the **mayo** (see pantry for amount). Set the hot **honey mayo** aside. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

In another large bowl, combine a good squeeze of **lemon juice** with the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then set the **dressing** aside.



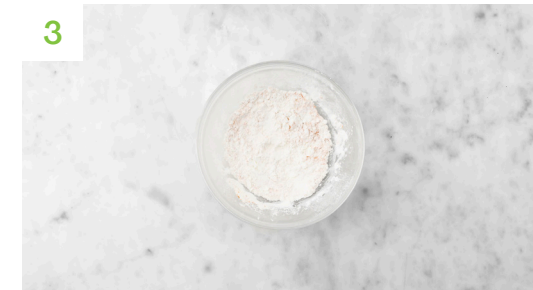
Bring on the Bao

Place the **bao buns** on a plate, sprinkle with a little **water** and microwave, 800W: 1 min 10 secs / 900W: 50 secs / 1000W: 40 secs.

If you don't have a microwave, place the **bao buns** onto a large sheet of foil. Sprinkle with a little **water**, then fold the foil, sealing on all sides to create a **parcel**. Bake on the middle shelf until warm and fluffy, 3-4 mins.

Once the **chicken** is cooked, transfer to a board and thinly slice.

Just before serving, add the **coleslaw** and **baby leaf mix** to the **dressing** bowl and toss together.



Coat the Chicken

In another large bowl, mix the **cornflour** and **peri peri seasoning**. Season with **salt** and **pepper**.

Add the **chicken thighs** to the bowl and turn them over in the **cornflour** to coat well. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.

Heat a large frying pan on high heat with enough **oil** to completely coat the bottom of the pan. **TIP:** You want the oil to be hot so the chicken fries properly - heat for 2-3 mins before you add the chicken.



Assemble and Serve

Transfer the **warmed bao buns** to your plates, then fill with the **fried chicken**. Spoon in the **hot honey mayo**.

Serve your **bao buns** with the **chips** and remaining **salad** alongside.

Pop any remaining **lemon wedges** on the side for squeezing over.

Enjoy!