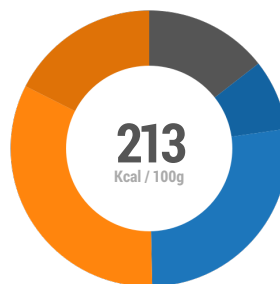


# Loaded Bao Buns filled with Chilli Beef Frankfurter

By Oliver Lloyd from Brakes

Overview ...

U / 8179125



CALORIES:

**35.2% Carbs**

**14.4% Protein**

**50.3% Fat**

Food Labelling...

Serves 1

#### CONTAINS:



WHEAT,  
BARLEY



MILK



CELERY



SOYA

#### MAY CONTAIN:



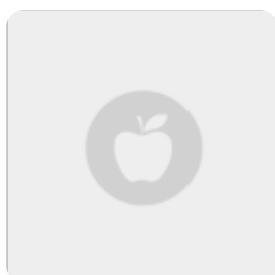
SESAME

#### Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
185975 The Sausage Man Chilli Beef Giant Frankfurter - BRAKES	160g	1x Each
112265 Bao (Hirata) Bun - BRAKES	100g	2x Each
10407 Sliced Onions	100g	
117480 Brakes Guacamole - BRAKES	50g	0.05x Each
35379 Brakes Tortilla Corn Chips	20g	
100395 Brakes Barbecue Sauce - BRAKES	15g	0.01x Each
136531 Ardo Chives - BRAKES	5g	0.05x Each
134544 Kuhne Crispy Fried Onions - BRAKES	5g	0.01x Each
114212 Chillies Red - BRAKES	5g	0.02x Each

#### Products / Pack Sizes ...

#### 1 Serving



**Product code**

**Barcode**

**460g / 995kcal**

**# 1**

### **Preparation:**

Crush the tortilla chips

Slice the chilli

Defrost the buns

Defrost chives

### **Method:**

1. In a pan of boiling water poach the sausage for 6-8 minutes until a core temperature has been reached.
2. In a pan over a medium heat fry the onions in a little oil until soft and golden.
3. Remove the sausage and cut in half - place in a bowl with half of the BBQ sauce and the crushed tortilla chips - toss together.
4. Warm the bao bun in a microwave for 30 seconds then fill with the caramelised onions.
5. Skewer the sausage and place into the bao bun.
6. Finish the bun with a drizzle of the BBQ sauce, top with the crispy onions, chives and sliced chilli.
7. Finally spoon on the guacamole - serve!