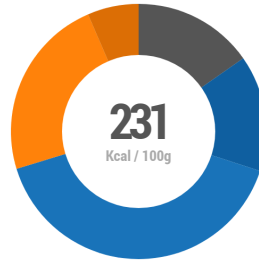


# 'Duck' Hoi Sin Bao Bun

Squeaky Bean® pulled "duck", hoisin sauce, spring onion, cucumber & a crispy spring roll

OVERVIEW ...



CALORIES:

**55% Carbs**

**15.3% Protein**

**29.7% Fat**

FOOD LABELLING...

Serves **1**

### CONTAINS:



WHEAT,  
BARLEY

SESAME

SOYA

### MAY CONTAIN:



HAZELNUTS,  
PECANS,  
ALMONDS,  
CASHEWS,  
WALNUTS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS

PEANUTS

CELERY

MUSTARD

### OTHER PROPERTIES:



VEGETARIAN

VEGAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

112265 Bao (Hirata) Bun..

BAO BUN

**BRAKES** **100g**

**2x Each**

*unchanged*

134294 Squeaky Bean Plant Based Pulled Duck..

PB PULLED DUCK

**BRAKES** **60g**

*unchanged*

85664 Knorr Professional Blue Dragon Hoi Sin Concentrated Sauce 1.1...

BLUE DRAGON HOI SIN CONCENTRATED SAUCE

**BRAKES** **30g**

*unchanged*

10230 Cucumber..

CUCUMBER FRESH DIRECT

**BRAKES** **20g**

*unchanged*

10473 Spring Onions Bunch..

SPRING ONIONS BUNCH FRESH DIRECT

**BRAKES** **15g**



*unchanged*

114212 Chillies Red..

CHILLIES RED FRESH DIRECT


**BRAKES** **5g**





*unchanged*

131165 Black Sesame Seeds.. SESAME SEEDS	BRAKES	5g		unchanged
151641 World of Spice Sesame Seeds Whole.. SESAME SEEDS WHOLE	BRAKES	5g		N/A
3928 Brakes Mini Vegetable Spring Rolls.. - BRAKES MINI VEGETABLE SPRING ROLLS	BRAKES	36g	2x Each	 Deep fried in oil
127293 Chef William Crispy Fried Onions.. CRISPY FRIED ONIONS	BRAKES	10g		N/A
112724 Blue Dragon Sriracha Hot Chilli Sauce 700ml.. HOT CHILLI SAUCE BLUE DRAGON	BRAKES	5g		unchanged
9802 Sysco Classic Extended Life Rapeseed Oil.. RAPESEED OIL	BRAKES	1.8g	(auto-calculated)	 Used as a medi...

PRODUCTS / PACK SIZES ...

**1 Serving**



   
   
 293g / 688kcal   
 # 1.0

COOKING INSTRUCTIONS & NOTES

**METHOD**

**Prep:**

- Mix the seeds and crispy onions
- Finely shred the spring onion, cucumber skin and chilli
- Defrost the bao buns

**Method:**

1. Heat the hoi sin sauce in a pan and add the 'duck'. Heat until warmed through.
2. Heat the buns for 10 secs in a microwave.
3. Fill the buns with the hoi sin 'duck'.
4. Roll the bun in the seed mix.
5. In a deep fat fryer cook the spring rolls at 180°C for 3 mins and then spear onto the buns.
6. Garnish with the sriracha and shredded salad - serve.