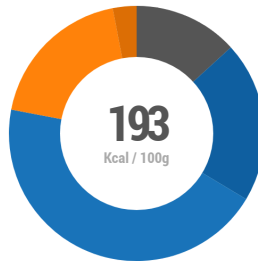


Smoked hoisin tofoo bao buns

OVERVIEW ...



CALORIES:

64.8% Carbs

13.2% Protein

22% Fat

FOOD LABELLING...

Serves **1**

CONTAINS:



MAY CONTAIN:



OTHER PROPERTIES:



RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

135328 Tofoo Smoked..

TOFU

BRAKES **75g**

unchanged

112265 Bao (Hirata) Bun..

BAO BUN

BRAKES **150g**

3x Each

unchanged

525427 Asian Slaw Mix.. - BRAKES

525427 ASIAN SLAW MIX

BRAKES **75g**

Each

N/A

86972 Pan Asia Sweet Chilli Dipping Sauce 1L..

SWEET CHILLI SAUCE

BRAKES **30g**

unchanged

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

BLUE DRAGON HOI SIN CONCENTRATED SAUCE

BRAKES **30g**

unchanged

123174 Sweet & Sour Onion Pickles..

SWEET & SOUR ONION PICKLES

BRAKES **5g**

unchanged

131165 Black Sesame Seeds.. - BRAKES

131165 SESAME SEEDS

BRAKES **5g**

N/A

151641 World of Spice Sesame Seeds Whole..

SESAME SEEDS WHOLE

BRAKES

5g

N/A

113885 Herb Bunched Coriander.. - BRAKES

113885

HERB BUNCHED CORIANDER

FRESH DIRECT

BRAKES

5g

Each

N/A

PRODUCTS / PACK SIZES ...

1 Serving



🕒 380g / 746kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Prep:

- Slice the tofoo
- Roughly pick the coriander

Method:

1. In a pan over a high heat fry the tofoo - once crispy add in the hoi sin sauce and sesame seeds - coat and remove from the heat.
2. In a bowl mix the sweet chilli sauce with the asian slaw
3. Steam the buns in a microwave for 20-30 seconds
4. Fill the buns with the slaw and tofoo, garnish with the coriander and sweet & sour onions - serve

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