

MasterFoodsTM

PROFESSIONAL

Gua Bao Buns
RECIPE

Gua Bao Buns



<?xml version="1.0"?>

TIME

10 min

INGREDIENTS

11 items

MAKES

12 servings

Boldly flavoured hand-held bao buns filled with crunchy salad and succulent pork with crispy crackling, these are perfect for functions and snack portions.

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INGREDIENTS

- 3 tbsp. White Wine Vinegar
- 1 tsp. Sugar
- ½ tsp. Salt
- 80 g Wombok Cabbage, finely shredded
- 80 g Red Cabbage, finely shredded
- 500 g Roasted Pork Loin or Belly, with crackling
- 12 Gua Bao Buns
- 2 medium Carrots, peeled and shredded
- ½ cup of unsalted Peanuts, toasted and crushed, to serve
- 12 packets MasterFoods™ Professional Mild Sweet Thai Chilli Sauce Squeeze-On, to serve
- Fresh Coriander, to serve

Cooking Instructions:

1. 1

First, make the pickled cabbage by mixing the vinegar, sugar and salt until dissolved and pouring over the cabbage. Give everything a good mix and set aside. When ready to assemble, drain the liquid and pat cabbage dry with paper towel.

2. 2

Preheat an oven 180°C. To refresh the crackling from the pork, cook for 5 minutes until it crisps and bubbles. Remove and break, cut into 3 cm pieces.

3. 3

Steam the buns as per manufacturer's instructions and thinly slice the pork.

4. 4

To assemble, layer some carrot, pickled cabbage, then pork into the buns. Sprinkle over with peanuts and squeeze the sweet Thai chilli sauce over, finishing with some fresh coriander.

Tips

1. 1

Also great with MasterFoods™ Professional Soy Sauce or MasterFoods™ Professional Chilli & Lime Dressing.

2. 2
Add lime wedges, cucumber and spring onions for more texture.
3. 3
Replace the pork with stir fried tofu for a vegetarian friendly option.
4. 4
For something different, the pork can be replaced with poached shredded chicken or seared beef.

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[**Choc-Berry Bircher Muesli**](#)

Cooking time

10 min

Ingredients

11 items

[SEE DETAILS](#)



[**Shredded Barbecue Chicken Pancakes**](#)

Cooking time

60 MINS

Ingredients

8 items

[SEE DETAILS](#)



[**New York Inspired Tagliatelle Pasta**](#)

Cooking time

15 minutes

Ingredients

9 items

[SEE DETAILS](#)



[**Moroccan Lamb**](#)

Cooking time

15-20 minutes

Ingredients

15 items

[SEE DETAILS](#)

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