



## Garryhinch Mushroom Bao Buns with Quick Pickled Veg

Experience a burst of flavor with our Garryhinch Mushroom Bao Buns, featuring exotic mushrooms that are sautéed to perfection and coated in a rich hoisin glaze. Paired with quick-pickled carrot and cucumber ribbons for a zesty crunch, these buns are topped with crispy onions and fresh coriander. Each bite offers a delightful combination of savory, tangy, and umami notes, making this dish a satisfying and vibrant culinary experience.

### Nutritional Info

Calories: 414 kcal  
Carbohydrates: 67 g  
Protein: 11 g  
Fat: 10.9 g

### Ingredients

- Fresh coriander
- Spring onions
- Hoisin sauce
- Bao buns
- Exotic mushrooms
- Mini Cucumber
- Carrot (Orange)
- Rice wine vinegar
- Crispy onions
- Garlic clove

### Your Pantry

- Olive Oil
- Salt
- Pepper

### Allergens

[Wheat \(Bao Bun, Hoisin Sauce\)](#)

[Soybeans \(Hoisin Sauce\)](#)

[Sesame Seeds \(Hoisin Sauce\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### 1) Make the quick pickled veg

Peel the outer skin off the carrot and discard. Use the peeler to continue peeling the carrot until it's gone and you have carrot ribbons. Do the same with the cucumber (no need to discard the outer skin) but stop just as you get to the watery core, continuing to peel around the core until you have cucumber ribbons. Finely slice the spring onion. Add all the veg to a bowl and add the rice wine vinegar and a good pinch of salt. Mix and set aside.

### 2) Prepare the rest of the veg

Slice the mushrooms into whatever size and shape you like. Finely chop the coriander. Peel and crush the garlic.

### 3) Cook the mushrooms

Add a frying pan or wok to a high heat with a good drizzle of oil. Once the oil is hot, add the mushrooms and turn the heat to medium. Fry until they are softened and beginning to go golden brown and slightly crisp, then add the hoisin sauce and turn the heat down, stirring constantly until the mushrooms are coated and sticky.

### 4) Heat the bao buns

Microwave the bao buns for 20-30 seconds per bun. If you don't have a microwave, you can steam them for 2-3 minutes or until soft and pillowy.

### 5) Assemble the bao buns

Add a spoon of mushroom mixture into each bao bun followed by a spoon of the quick pickled veg. Sprinkle over the crispy onions and fresh coriander and enjoy!



## Garryhinch Wood Exotic Mushrooms

Scan the QR code to learn more about our suppliers

