

# Hoisin Chicken Steam Buns

with Broccoli & Marinated Carrots

**PREP TIME:** 10 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 4

These Chinese steam buns, or “bao,” are about as crowd-pleasing as it gets. Steamed on the stovetop, the buns themselves offer a delightful softness—complemented by their filling of tender, hoisin-dressed chicken. We’re balancing the chicken with seasonal carrots, shredded and marinated with tart vinegar and nutty sesame oil. A side of sautéed broccoli rounds it all out with another layer of sesame flavor.



#### BLUE APRON WINE PAIRING:

Westmount Pinot Gris, 2015

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## Ingredients



12  
BONELESS,  
SKINLESS  
CHICKEN THIGHS



12  
CHINESE STEAM  
BUNS



3 cloves  
GARLIC



2  
CARROTS



1 lb  
BROCCOLI

#### KNICK KNACKS:



2 Tbsp  
RICE VINEGAR



1 tsp  
WHITE SESAME  
SEEDS



2 Tbsp  
SESAME OIL



1/4 cup  
HOISIN SAUCE

**Did You Know?**  
Sesame is so hardy  
it can grow on the  
edges of deserts.



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## 1 Prepare the ingredients & marinate the carrots:

- ☒ Wash and dry the fresh produce.
- ☐ Heat a medium pot of water to boiling on high.
- ☐ Cut the broccoli into bite-sized florets.
- ☐ Peel and mince the garlic.
- ☐ Peel the carrots; grate on the large side of a box grater. Place in a medium bowl with **half the vinegar**, **¼ of the sesame oil** and **¼ of the sesame seeds**; season with salt and pepper. Toss to combine. Set aside to marinate, stirring occasionally, for at least 10 minutes. Season with salt and pepper to taste.

## 2 Cook the broccoli:

- ☐ While the carrots marinate, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **broccoli** and season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☐ Add **¾ of the garlic** and cook, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add **¾ cup of water**; season with salt and pepper. Cook, stirring occasionally, 8 to 9 minutes, or until the water has cooked off.
- ☐ Turn off the heat and stir in the **remaining sesame seeds** and **half the remaining sesame oil**; season with salt and pepper to taste. Transfer to a serving dish and set aside in warm place. Wipe out the pan.

## 3 Cook & chop the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Working in batches, add the seasoned chicken and cook 3 to 4 minutes per side, or until browned.
- ☐ Add the **remaining garlic** and **½ cup of water**; cook 5 to 7 minutes, or until the water has cooked off and the chicken has cooked through.
- ☐ Transfer the cooked chicken to a cutting board. When cool enough to handle, chop into bite-sized pieces.

## 4 Steam the buns:

- ☐ While the chicken cooks, rest a strainer (or colander) over the pot of boiling water, making sure the water doesn't reach the bottom of the strainer. Working in batches, place the **buns** in the strainer; cover with the lid of the pot. Steam 3 to 5 minutes per batch, or until softened and puffy. Carefully transfer the steamed buns to a clean, dry work surface.

## 5 Finish the chicken:

- ☐ In a large bowl, combine the **chopped chicken**, **hoisin sauce**, **remaining vinegar** and **remaining sesame oil**. Toss to thoroughly coat and season with salt and pepper to taste.

## 6 Serve your dish:

- ☐ Gently open each **steamed bun**. Divide the **finished chicken** and **marinated carrots** between the buns. Transfer to a serving dish. Serve with the **cooked broccoli** on the side. Enjoy!