

MARLEY SPOON



Pan-Fried Chicken Buns

with Chili Oil



1,5h



2 Servings

Shengjianbao is a Shanghai specialty for good reason! Pizza dough is an easy hack for the flour bun wrappers we fill with a savory mix of chicken, veggies and spices. A scallion-ginger oil combines with chili flakes, sesame seeds, and Chinese five spice to create a deeply flavorful chili oil for dipping. You'll feel like a bun master after the first bite of these juicy, chewy baos. (2p serves 4; 4p serves 8)

What we send

- 2 (¼ oz) gochugaru flakes
- ¼ oz pkt toasted sesame seeds ²
- ¼ oz mushroom seasoning
- ¼ oz Chinese five spice
- 2 scallions
- 1 oz fresh ginger
- 10 oz pkg ground chicken
- 3 (½ oz) tamari soy sauce ³
- ½ oz toasted sesame oil ²
- 1 lb pizza dough ¹

What you need

- kosher salt
- garlic
- neutral oil
- all-purpose flour for dusting ¹
- balsamic vinegar
- sugar

Tools

- fine-mesh sieve
- small saucepan
- microplane or grater
- large nonstick skillet

Cooking tip

Want to see how we made these buns? Follow us on Instagram @marleyspoon or TikTok @marleyspoonus to watch a tutorial!

Allergens

Wheat (1), Sesame (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 280kcal, Fat 17g, Carbs 23g, Protein 11g



1. Begin chili oil

In a small heatproof bowl, mix **gochugaru flakes, half of the sesame seeds, ½ teaspoon mushroom seasoning, ¼ teaspoon salt, and ⅓ teaspoon five spice**. Set a fine-mesh sieve over bowl.

Cut **2 (1-inch) pieces scallion white**. Cut **3 thin slices ginger**. Crush **2 garlic cloves**. Place aromatics in a small saucepan with **⅓ cup oil**. Heat over medium-high until oil starts to bubble.



4. Wrap buns

On a **lightly floured** work surface, roll **dough** into a 1-inch thick rope; cut into 10 pieces. Press pieces, flat side down, into circles. Roll each circle into a 4-inch round, keeping edges slightly thinner than center. Keep dough covered while working.

Add **2 tablespoons filling** to center of each wrapper; pull edges up and over filling. Pleat or pinch to close tops of **buns**.



2. Bloom chili oil

Lower heat to medium-low; cook until **aromatics** are deep golden brown, 8-10 minutes. Pour **oil** over sieve into **gochugaru flakes** and stir; discard aromatics. Set aside until ready to serve.

Meanwhile, trim and thinly slice **remaining scallions**; reserve **1 tablespoon scallion greens** for garnish. Finely grate **2 teaspoons ginger** into a medium bowl.



5. Cook buns

Once wrapped, cover **buns** and rest for 15 minutes. Place **¼ cup oil** into a large nonstick skillet; arrange buns in skillet, leaving ½-inch space between buns. Cook over medium-high heat until oil bubbles; lower heat to medium. Cook until bottoms are browned, 4-6 minutes (rotate skillet around burner occasionally so buns brown evenly). Add **½ cup water** to skillet; immediately cover.



3. Mix filling

To bowl with **ginger**, add **chicken, scallions, 1 tablespoon tamari, 2 teaspoons each of sesame oil and sugar, 1 teaspoon mushroom seasoning, ½ teaspoon salt, ¼ teaspoon five spice, and 3 tablespoons water**. Mix chicken mixture vigorously until liquid is absorbed and filling is thickened and sticky, 3-5 minutes.



6. Finish & serve

Cook **buns** until puffed and the water has evaporated, 8-10 minutes; transfer to a plate.

In a small bowl, whisk together **remaining tamari and sesame oil, 1 tablespoon each of vinegar and chili oil** (serve remaining on the side), and **1 teaspoon sugar**. Sprinkle **buns** with **remaining scallions and sesame seeds**. Serve with **dipping sauce**. Enjoy!