

Korean crunch: spicy bao beef burger

Total time **90 mins 20 mins** preparation time **10 mins** cooking time **60 mins** fermentation time

Nutritional facts (per portion):

3,010 kJ / 719 kcal

INGREDIENTS

2 portion(s)

150 g plain flour **1.5 tsp** instant yeast

1 tsp sugar

100 ml warm water350 g minced beef0.5 tsp pepper

1 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

60 ml <u>Kikkoman Teriyaki Sauce</u>

with Roasted Garlic

2 tbsp sesame seeds100 g red cabbage

50 g kimchi

1 tbsp chopped spring onion

1 tsp rice vinegar1 tsp honey3 tbsp mayonnaise

1 tbsp Kikkoman Spicy Chili

Sauce for Kimchi

Fat: **31 g** Protein: **46.2 g** Carbohydrates: **61.9 g**

PREPARATION

Step 1

150 g plain flour - 1.5 tsp instant yeast - 1 tsp

sugar - 100 ml warm water

Make a soft yeast dough by mixing then lightly kneading the ingredients listed. Cover and leave to rise in a warm place for about 60 minutes. Shape into 4 buns, set aside to rise again, then steam for about 8 minutes.

Step 2

350 g minced beef - **0.5 tsp** pepper - **1 tbsp** <u>Kikkoman Naturally Brewed Soy Sauce</u> - **60 ml** <u>Kikkoman Teriyaki Sauce with Roasted Garlic</u> - **2**

tbsp sesame seeds

Mix the beef with pepper and Kikkoman Soy Sauce. Shape into 4 patties and fry for about 3 minutes on each side. Dip the cooked and warm burgers in Kikkoman Teriyaki Sauce with Garlic and coat with sesame seeds.

Step 3

100 g red cabbage - **50 g** kimchi - **1 tsp** rice vinegar - **1 tsp** honey - **1 tbsp** mayonnaise Finely chop the red cabbage and cut the kimchi into smaller pieces. Mix in a bowl. Add the rice vinegar, honey and mayonnaise. Mix well.

Step 4

2 tbsp mayonnaise - 1 tbsp Kikkoman Spicy Chili Sauce for Kimchi - 1 tbsp chopped spring onion Mix the mayonnaise with the Kikkoman Kimchi Chili Sauce. Cut open the bao buns and coat them with mayonnaise sauce. Place the burger, spring onions and cabbage salad on top and cover with the other bun half.