

# 5 SPICE BEEF BAO BUN

A "WASTY" RECIPE

Brought to you by OzHarvest



# 5 SPICE BEEF BAO BUN



Prep time



Cook time



Serves

## NEED

200g leftover  
roast beef

3 tbsp cornflour

1 tsp salt

1 tsp 5-spice  
powder

oil to fry

2 tsp soy

1 tsp ginger

1 tsp water

1 tsp palm sugar

2 tbsp hoisin

1 tbsp sriracha

1 packet frozen  
bao buns

salad of picked dill,  
coriander and  
spring onion



## HOW

1. Slice the beef into 8 even sized pieces no more than 1cm thick.
2. Mix the flour, salt and spice and coat well.
3. Meanwhile combine soy, ginger water, sugar, hoisin and sriracha to make sauce.
4. Fry the beef in oil at 180°C until crispy, around 2 minutes. Drain onto paper towel.
5. Steam 8 bao buns for 5 minutes.
6. Stuff the crispy beef into the buns, dress with the sauce. Add the herb salad and serve immediately.

### TOP FOOD SAVING TIP:

Dice up leftovers from almost any meal to make a beautiful frittata. Simply mix with eggs and parmesan and bake!

Recipe by Travis Harvey,  
OzHarvest Chef for a Cause