



Hoisin Chicken Buns with Crispy Brussels Sprouts

Total Time: 30-40 minutes Calories per Serving: 750

Serves: 2 people

Hoisin is a dark reddish-brown sauce with a sweet-and-salty flavor. It's widely used in Chinese cooking. While variations exist, most versions include soy sauce and sugar. Hoisin sauce gives the chicken in this dish a bold flavor that's infused in every bite.

USDA recommends cooking chicken to 165° F.



1. Prepare Ingredients

Preheat oven to 450°F. Rinse **Brussels sprouts** and halve through roots. Rinse **cucumber**, halve lengthwise, then cut crosswise into ¼-inch slices. Halve **lime**. Rinse **chicken** and pat dry with paper towel. Divide **buns** evenly between 2 pieces of foil and loosely wrap to create 2 pouches.



2. Roast Brussels Sprouts

On a foil-lined baking sheet, toss **Brussels sprouts** with ½ of **sesame oil** and **pepper**. Arrange cut-side down in a single layer, transfer to oven, and roast until browned and tender, 15-18 minutes (see Recipe Tip).



3. Sear Chicken

While Brussels sprouts roast, heat **remaining sesame oil** in a medium pan over medium-high heat. Season **chicken** all over with ¼ **teaspoon kosher salt** and **pepper**. When oil is shimmering, add **chicken** and sear until cooked through and no longer pink, 5-6 minutes per side. Remove from pan and using 2 forks or tongs, shred into bite-size pieces.



4. Make Sauce and Vinaigrette

While chicken sears, place **buns** in oven to warm through, about 10 minutes. Meanwhile, whisk together **hoisin sauce**, **soy sauce**, and **rice wine** in a medium bowl to make sauce. In a separate large bowl, whisk together **fish sauce**, **sugar**, **grapeseed oil**, and **juice of 1 lime** to make vinaigrette.






5. Toss Chicken and Sprouts

Add **shredded chicken** to bowl with sauce and toss to coat. Add **roasted Brussels sprouts** to bowl with vinaigrette and toss to coat.



6. Plate Chicken Buns

Fill **warmed buns** generously with **hoisin chicken** and **cucumber slices**. Enjoy with a side of **Brussels sprouts** alongside.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Rinse chicken and pat dry with paper towel. A slight odor is a natural reaction to vacuum packing.

Arranging your Brussels sprouts cut-side down for roasting allows them to caramelize and brown evenly without burning.

📋- INGREDIENTS

- 12 ounces Brussels sprouts
- 1 Persian cucumber
- 1 lime
- 2 boneless skinless chicken breasts
- 10 steamed buns
- 2 tablespoons sesame oil, divided
- ¼ cup hoisin sauce
- 1 tablespoon dark soy sauce
- 2 tablespoons Shaoxing rice wine
- 1 tablespoon fish sauce
- 2 teaspoons granulated sugar
- 1 tablespoon grapeseed oil

🛒- YOU'LL NEED

- aluminum foil
- baking sheet
- 10" medium pan
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.