

HEATING INSTRUCTIONS:

Make sure to fully defrost the food in the fridge overnight before cooking/reheating them. If you're buying food for someone else, do pass on the heating instructions to them.

The food is best eaten by the latest this Sunday.

- Thai green curry & Balinese curry – chicken & Vegan (suitable for freezing)
Hob : use a non-stick pan, medium heat & no need to add cooking oil. Gently stir while heating. Heat until bubbling hot.
Microwave : transfer all the content into microwave-safe plate. Always use microwave cover on so the food won't get dry and heat for 3 – 5 minutes (depending on your wattage) and make sure it's hot thoroughly.
Optional condiment for "Kare" : "sambal goreng"/Indonesian fried chillies.
- Mie Goreng – Vegetarian & Vegan (suitable for freezing)
Hob: use non-stick pan, heat 1 tbsp cooking oil (veg/sunflower best but olive oil would do, too) & pour the noodles in. Stir fry on medium heat until the food is hot thoroughly.
Microwave: transfer all the content into microwave-safe plate. Always use microwave cover on so the food won't get dry and heat for 1 – 2 minutes & stir the food halfway (depending on your wattage) and make sure it's hot thoroughly.
Condiment: "acar" / pickled veg.
- Jasmine rice (suitable for freezing)
Steamer: heat the steamer and place the rice in for 3 – 5 minutes or until all are steaming hot.
Microwave: transfer the rice to a microwaveable bowl, use microwave cover and heat for 1-2 minutes (depending on your wattage). Check that it's hot thoroughly before consuming.
- Homemade Bao Buns
- The filling -
Korean Fried Chicken & Korean Fried Seitan
Hob: (best result for crunch) use a non-stick pan, add cooking oil (veg/sunflower) to shallow fry it. Make sure the oil is hot before you put the protein in. Use the wooden spoon test to check if it's hot enough. Fry until golden brown colour and dry on kitchen roll. Let it rest for 3-4 minutes.
Air fryer : Place the protein in the air fryer at 175C for 3-5 minutes or until golden brown colour (check halfway). Rest 3-4 minutes before coating them in Gochujang sauce.
As the filling has to be crunchy, I do not put mayo in the bao bun for this one. Also to be more eco friendly (less packaging) & mayo is a common household staple, please make sure to use yours when ensambling your bao buns before eating.
- The Bao Buns -
Microwave : place your bao bun in a ziplock bag (best method to keep it moist), leaving just a little bit opening/not fully zipped to get a steaming effect. Heat for 30 – 60 seconds until hot thoroughly. Let it rest for 1-2 minutes and add mayonnaise, the filling & garnish with condiment before eating.
Steamer : heat the steamer and place the bao bun with it's greaseproof paper for 2–3 minutes or until all are steaming hot. Let it rest for 1-2 minutes and add mayonnaise, the filling & garnish with condiment before eating.

- Satay Roast Chicken (suitable for freezing)

The chicken is good to keep in the fridge until 23rd of June. You can keep it in the freezer upto two months. Fully defrost in the fridge overnight before cooking them in the oven/grill.

Pre-heat oven to 175C. Line a roasting tray with foil so the satay marinade juice doesn't get burnt and sticks to the tray. Place the chicken on the tray and pour some of the marinade sauce on the chicken.

Baste the chicken (with remainder of marinade sauce and some sweet soya sauce) while cooking and turn them around in case your oven is hotter on certain corner and keep an eye that it doesn't get burnt. The wings are most likely to be done first, so when they get quite charred, cover them with foil.

You can use about half of the sweet soya sauce in the pot and use the rest to make the "sambal kecap" condiment: chopped tomatoes & shallots in sweet soya sauce and lemon juice. Only make the condiment when you're about to eat and they are not suitable for freezing. Balance the sweet and sour flavour and you can chop the chillies in if you like it spicy.

Check if the chicken is cooked at about 60 - 70 minutes. Normally the breast should've cooked so you can carve them and put it on serving plate as they won't be nice when they're dry. You can cut open the chicken legs or break them and lay them on the roasting tray, so they cook faster. Please note this is as a guidance only as different oven setting is different.

Don't forget to scoop all the satay sauce that sits on the bottom of the chicken as it's nicely caramelised.

You can also add some sliced cucumber to eat with the Satay Roast chicken and "sambal kecap"! Best eaten with Jasmine Rice.

- Satay Roast Seitan (suitable for freezing)

The Satay Roast Seitan is good to keep in the fridge until 23rd of June. You can keep it in the freezer upto two months. Fully defrost in the fridge overnight before cooking them in the oven/grill.

Pre-heat oven to 175C. Line a roasting tray with foil so the satay marinade juice doesn't get burnt and sticks to the tray. Place the seitan log on the tray and pour some of the marinade sauce on it.

Baste with remainder of marinade sauce and some sweet soya sauce while cooking and turn them around in case your oven is hotter on certain corner and keep an eye that it doesn't get burnt. As Seitan itself is already cooked, you only need 25 - 30 minutes just to get the nice satay sauce coatings caramelised.

You can use about half of the sweet soya sauce in the pot and use the rest to make the "sambal kecap" condiment: chopped tomatoes & shallots in sweet soya sauce and lemon juice. Only make the condiment when you're about to eat and they are not suitable for freezing. Balance the sweet and sour flavour and you can chop the chillies in if you like it spicy.

You can eat it with Jasmine Rice or make it into salad or sandwich filling.

If you prefer not to use the oven, you can slice them and cook it on the griddled pan on the hob, but it won't be Satay Roast Seitan. :)

- Extra satay sauce (suitable for freezing)

Microwave : transfer the satay sauce into microwave-safe bowls. Always use microwave cover on so the food won't get dry and heat them thoroughly for about 30 – 60 seconds (stir halfway). You can add a splash of water and some sweet soya sauce if you like it runnier.

Hob : use non-stick pan & pour the satay sauce. Heat on low-medium heat thoroughly for about 30 – 60 seconds (stir). You can add a splash of water and some sweet soya sauce if you like it runnier.

Ready to be enjoyed on the side of the Satay Roast or drizzle all over it.

- Pandan & Coconut Milk Bao Bun

Freshly baked on Friday, 21st of June and best eaten the same day. Simply place them in zip lock bag but leave a bit of gap (don't fully close it) and warm in microwave for 10 – 20 seconds. Let it rest for 2-3 minutes before eating.

COLLECTION FROM:

Friday, June 21 between 16.30 – 18.30

31 Stocks Lane

Winslow

MK18 3FP

Please collect from side gate not front door and bring recyclable bag to help securely hold the brown paper bag. Don't forget cooler bag if you ordered Satay Roast Chicken / Satay Roast Seitan.

Saturday, June 8 between 11.15 – 11.30

The old Toys R Us parking area

700 Grafton Gate, West, Milton Keynes MK9 1DL

Find me in grey Peugeot

Mob: 07810650356 - save my number just in case if you're running late.

Don't forget cooler bag if you ordered Satay Roast Chicken / Satay Roast Seitan.