



Sichuan Bang Bang Chicken

with Rice Noodles & Bok Choy



30min



2 Servings

Sichuan is a style of Chinese cooking known for deep, bold flavors and a bit of spiciness from chili peppers. This bang bang chicken packs a punch thanks to garlic, chili garlic sauce, tamari, and crushed red pepper. The dish gets its name from banging chicken after it has been cooked to help break down the fibers, allowing for more marinade (and flavor!) to seep in.

What we send

- 5 oz pad Thai noodles
- 1 oz scallions
- 1 oz fresh ginger
- garlic
- ½ lb baby bok choy
- ½ oz toasted sesame oil ¹¹
- 2 (½ oz) tamari ⁶
- 2 pkts chili garlic sauce ¹⁷
- 1 pkt crushed red pepper
- 12 oz pkg boneless, skinless chicken breasts

What you need

- kosher salt & ground pepper
- neutral oil
- apple cider vinegar (or white wine vinegar)
- sugar

Tools

- large pot
- medium nonstick skillet
- meat mallet (or heavy skillet)

Allergens

Soy (6), Sesame (11), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 38g, Carbs 65g, Protein 50g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Add **noodles**; cook, stirring occasionally to prevent sticking, until al dente, 6–8 minutes. Drain and rinse under cold water; toss with **½ teaspoon oil**. Trim **scallions**; halve lengthwise and cut into 1-inch pieces. Finely chop **1 tablespoon peeled ginger** and **1 teaspoon garlic**. Trim **bok choy**, rinse, and cut into 1-inch pieces.



4. Shred & sauce chicken

Using a clean meat mallet or heavy skillet, gently pound **rested chicken** to break down fibers. Use two forks or your fingers to pull and shred into smaller pieces. (Alternatively, you can slice chicken, if desired.) Transfer chicken along with **any resting juices** to **bang bang sauce** and stir to coat.



2. Make bang bang sauce

Heat **3 tablespoons neutral oil** in a medium nonstick skillet over medium until shimmering. Add **chopped ginger and garlic**; cook, stirring, until fragrant, about 1 minute. Add **scallions** and cook, about 30 seconds. Transfer to a large heatproof bowl. Stir in **sesame oil, tamari, all of the chili garlic sauce, 1 tablespoon vinegar, and a pinch each of crushed red pepper and sugar**.



5. Stir-fry bok choy

Heat **1 teaspoon neutral oil** in same skillet over high. Add **bok choy** and stir-fry until crisp-tender, 2–3 minutes. Season to taste with **salt** and transfer to a plate.



3. Cook chicken

Pat **chicken** dry; use a meat mallet or heavy skillet to pound to an even ½-inch thickness, if desired. Season all over with **salt**. Heat **1 tablespoon neutral oil** in same skillet over medium-high. Add chicken and cook, turning once or twice, until golden and cooked through, 6–8 minutes total. Transfer to a cutting board and let rest for 5 minutes.



6. Finish noodles & serve

Heat **1 tablespoon neutral oil** in same skillet over high. Add **noodles** and stir-fry until warmed through, 2–3 minutes. Stir in **bok choy** until combined. Transfer **noodles and bok choy** to shallow bowls, then top with **bang bang chicken**. Spoon **scallions and any remaining sauce** over top. Enjoy!