



Teriyaki Plant Chicken & Veggie Stir-Fry

with Cellophane Noodles & Sesame Seeds



20-30min



2 Servings

Cellophane (also known as bean thread or glass noodles) are a key ingredient in Chinese cooking but can be found in Korean, Japanese, and Southeast Asian cuisine. Once cooked, they become crystal clear—like glass. They have a delightfully sticky texture, making them the perfect addition to soups, salads, and stir-fry dishes. Throw in some vegan "chicken" and a rainbow of veggies and you have a delicious meal in no time.

What we send

- 2 (2 oz) cellophane noodles
- 4 oz mushrooms
- 1 carrot
- 1 bell pepper
- garlic
- 2 scallions
- 8 oz pkg plant-based chicken ⁶
- 2 (2 oz) teriyaki sauce ^{1,6}
- ½ oz toasted sesame oil ¹¹
- ¼ oz fresh cilantro
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

- 2 large eggs ³
- neutral oil
- kosher salt & ground pepper

Tools

- large pot
- fine-mesh sieve
- large nonstick skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 29g, Carbs 79g, Protein 37g



1. Cook noodles

Bring a large pot of water to a boil. Add **noodles** to boiling water and cook, stirring to prevent sticking, until tender, about 3 minutes. Drain in a fine-mesh sieve, then rinse under cool running water. Use kitchen shears to cut noodles into smaller pieces. Set aside until step 5.



4. Cook veggies

Heat **1 tablespoon neutral oil** in same skillet over high until shimmering. Add **mushrooms** and **peppers**, and cook, stirring occasionally, until peppers are softened and mushrooms are golden-brown, about 5 minutes. Season with **salt** and **pepper**. Add **carrots, garlic, and all but 2 tablespoons of the scallions**. Cook, stirring, until carrots are crisp-tender, about 3 minutes.



2. Prep vegetables

Meanwhile, trim stems from **mushrooms**, then thinly slice caps. Scrub **carrot**, then halve crosswise and cut lengthwise into ¼-inch slices. Stack slices and cut crosswise into thin matchsticks. Halve **pepper**, discard stem and seeds, then cut into thin strips. Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice.



5. Stir-fry noodles

Transfer **veggies** to a plate. Heat **1 tablespoon oil** in same skillet. Add **plant-based chicken** and cook, stirring, until cooked through, 3-5 minutes. Return veggies to skillet. Add **teriyaki sauce, sesame oil, and ¼ cup water** to skillet. Bring to a simmer. Remove from heat, then add **eggs** and **noodles**, tossing to coat in sauce. Season to taste with **salt** and **pepper**.



3. Scramble eggs

Beat **2 large eggs** in a small bowl. Heat **2 teaspoons neutral oil** in a large nonstick skillet over medium-high. Add eggs and cook, stirring gently to form soft curds, until scrambled, 1 minute. Transfer to a plate and break into larger pieces; set aside until step 5. Wipe out skillet, if necessary.



6. Finish & serve

Coarsely chop **cilantro leaves and stems**. Add **half each of the cilantro and sesame seeds** to **noodles** in skillet, tossing to combine. Serve **veggie and plant-based chicken stir-fry** sprinkled with **remaining cilantro, scallions, and sesame seeds**. Enjoy!