

DINNERLY



Saucy Plant-Based Chicken Stroganoff with Mushrooms & Buttered Egg Noodles



20-30min



2 Servings

What's better than a plate of saucy, buttery egg noodles? Hmm, we can't really think of anything else right now. We added plant-based chicken to pair with savory mushrooms in this super easy stroganoff that feels like a warm, comforting hug. We've got you covered!

WHAT WE SEND

- 1 red onion
- ½ lb mushrooms
- ¼ oz fresh parsley
- 8 oz pkg plant-based chicken ⁶
- ½ oz tamari soy sauce ⁶
- 6 oz egg noodles ^{1,3}
- 2 (1 oz) sour cream ⁷

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- all-purpose flour ¹
- butter ⁷

TOOLS

- large saucepan
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 850kcal, Fat 39g, Carbs 87g, Protein 41g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil.

Thinly slice **onion**. Trim ends from **mushrooms** and thinly slice caps. Finely chop **2 teaspoons garlic**.

Pick **parsley leaves** from **stems** and finely chop leaves (discard stems).



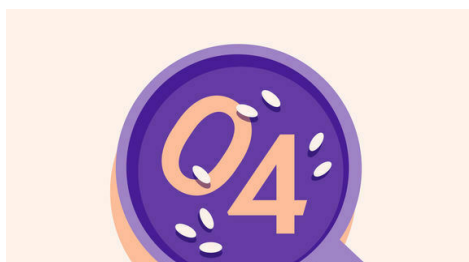
2. Cook veggies & chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **onions** and cook until slightly softened, about 5 minutes. Add **mushrooms, plant-based chicken, chopped garlic, and a pinch each of salt and pepper**; cook until mushrooms are tender and browned, about 5 minutes.



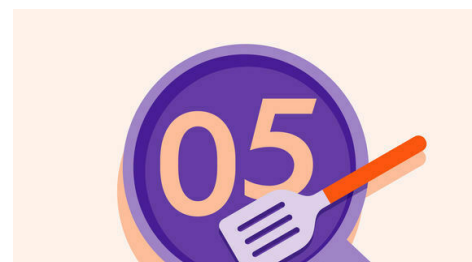
3. Build sauce

To same skillet, stir in **1 tablespoon flour** and cook until toasted, about 1 minute. Stir in **tamari** and **1 cup water**; bring to a boil over high, scraping up any browned bits from bottom of skillet. Reduce heat to medium and simmer until thickened, about 3 minutes.



4. Boil noodles

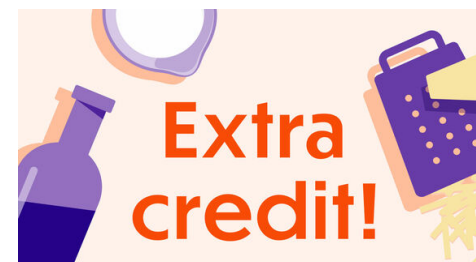
While **sauce** simmers, add **noodles** to saucepan with boiling **salted water** and cook, stirring, until tender, 5–6 minutes. Drain noodles, return to pot, and stir in **2 tablespoons butter**; season to taste with **salt and pepper**.



5. Finish & serve

Remove skillet from heat and stir in **all of the sour cream**; season to taste with **salt and pepper**.

Top **buttered egg noodles** with **plant-based chicken and mushroom stroganoff** and **chopped parsley**. Enjoy!



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