



Veggie Wonton Stir-fry with Plant Chicken

with Fresh Noodles & Mushrooms



30-40min



2 Servings

Tamari is a type of Japanese soy sauce that contains less wheat than regular soy sauce. Since it is made largely from fermented soy, it has a deeper flavor. Here, we use the savory condiment as a sauce to coat fresh pasta sheets, cut into bite-sized squares that mimic wonton wrappers.

What we send

- 1 oz fresh ginger
- garlic
- ½ lb broccoli
- 4 oz snow peas
- 4 oz mushrooms
- ½ lb pkg plant-based chicken ⁶
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 8.8 oz lasagna sheets ^{1,3}

What you need

- neutral oil
- 2 large eggs ³
- sugar
- apple cider vinegar (or white wine vinegar)

Tools

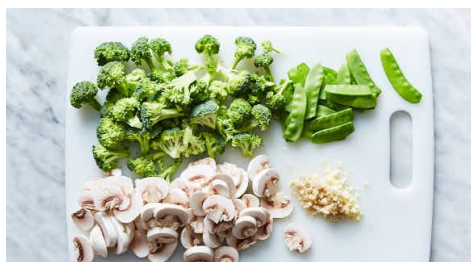
- large saucepan
- medium nonstick skillet

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 880kcal, Fat 37g, Carbs 91g, Protein 52g



1. Prep ingredients

Bring a large saucepan of water to a boil. Cover and keep warm over low heat until step 5.

Peel and finely chop **1 tablespoon ginger**. Finely chop **1 teaspoon garlic**.

Cut **broccoli** into 1-inch florets, if necessary. Trim ends from **snow peas**. Trim ends from **mushrooms**, then thinly slice caps.



4. Scramble eggs

In a small bowl, beat **2 large eggs**. Heat **1 teaspoon neutral oil** in same skillet over medium-high. Add eggs and cook, stirring, until just set, about 30 seconds. Use a spatula to break eggs into smaller pieces, then transfer to plate with **vegetables**.



2. Sauté mushrooms

Heat **1 tablespoon neutral oil** in a medium nonstick skillet over medium-high. Add **sliced mushrooms** and cook, stirring occasionally, until browned all over, about 5 minutes. Add **chopped ginger and garlic** and **snow peas**. Cook, stirring, until snow peas are crisp-tender, about 1 minute. Transfer to a plate.



5. Prep sauce & pasta

In a small bowl, stir to combine **all of the tamari, sesame oil, and 1 teaspoon each of sugar and vinegar**. Stack **pasta sheets**, a few at a time, and cut into 1-inch squares. Return water in saucepan to a boil. Add pasta squares to boiling water and cook until just al dente, 1-2 minutes. Reserve **2 tablespoons cooking water**, then drain pasta squares well.



3. Sauté broccoli

Heat **1 teaspoon oil** in same skillet over medium-high. Add **broccoli** and cook, stirring, until crisp-tender and browned in spots, 3-4 minutes. Transfer to plate with **mushrooms and snow peas**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add **plant-based chicken** and cook, without stirring, until browned, about 3 minutes. Flip; cook until browned, 1-2 minutes more.



6. Finish & serve

Heat **1 tablespoon neutral oil** in same skillet over medium-high. Add **pasta squares, plant-based chicken, vegetables, and eggs**, stirring to combine. Stir **sauce**, then add to skillet along with **reserved cooking water**. Stir-fry until **pasta** is nicely coated, 2-3 minutes. Enjoy!