

MARLEY SPOON



Daring Plant-Based Chicken & Udon Stir-Fry

with Broccoli & Bell Peppers

 20-30min  2 Servings

Udon is a type of wheat noodle commonly used in Japanese cuisine. The thickness and delightfully chewy texture of udon noodles make for the perfect stir-fry foundation, ready to soak up any sauce—in this case, savory garlic-sesame sauce. Here, we add in tender pieces of plant-based chicken and crisp veggies to our wheat noodles, and finish the plate with fresh scallions.

What we send

- garlic
- 8 oz pkg plant-based chicken ²
- 2 (½ oz) tamari soy sauce ²
- 7 oz udon noodles ³
- ½ lb broccoli
- 1 bell pepper
- 2 scallions
- ½ oz toasted sesame oil ¹
- ½ oz honey

What you need

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

Tools

- medium pot
- colander
- large nonstick skillet

Allergens

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 760kcal, Fat 26g, Carbs 100g, Protein 37g



1. Marinate plant chicken

Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**. Pat **plant-based chicken** dry; cut into 1-inch pieces, if necessary. In a medium bowl, whisk to combine **1 tablespoon tamari**, **1 teaspoon vinegar**, and **½ teaspoon each of the chopped garlic, and sugar**. Add plant-based chicken, tossing to coat in marinade. Set aside to marinate until step 4.



4. Brown plant chicken

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **plant-based chicken and marinade** to skillet. Cook, stirring occasionally, until plant-based chicken is browned in spots and marinade is beginning to caramelize, 2-3 minutes (watch closely).



2. Cook noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, 4-5 minutes. Drain noodles, rinse with cold water, and drain again. Set noodles aside until step 6.



5. Stir-fry vegetables

Add **broccoli, peppers**, and **1 tablespoon oil** to skillet with **plant-based chicken**. Stir-fry over medium-high heat until plant-based chicken is heated through and vegetables are browned in spots, 3-4 minutes. Season to taste with **salt and pepper**. Stir in **remaining chopped garlic** and **half of the scallions**; stir-fry until fragrant, about 30 seconds.



3. Prep veggies & sauce

Cut **broccoli** into 1-inch florets, if necessary. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces. Trim **scallions**, then thinly slice. In a medium bowl, stir to combine **sesame oil**, **honey**, and **remaining tamari**; reserve sauce for step 6.



6. Finish & serve

Add **noodles, sauce**, and **½ cup water** to skillet with **plant-based chicken and vegetables**. Cook, stirring constantly, until **noodles** are coated in **sauce**, 1-2 minutes. Remove from heat; season to taste with **salt and pepper**. Garnish with **remaining scallions**. Enjoy!