



Japanese Chicken Udon Stir-Fry

with Broccoli & Ginger



20-30min



2 Servings

Udon might just be the perfect noodle—it's thick, with a wonderful chew, and its texture is soft and smooth. Here, the noodles are added to a stir-fry, with tender pieces of quick-cooking chicken breasts and crisp broccoli, all covered in a garlic, ginger, and tamari sauce. Go ahead and ditch the take-out menu—this is faster, fresher, and packed with flavor.

What we send

- 1 oz scallions
- 1 oz fresh ginger
- garlic
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- 2 (½ oz) tamari ⁶
- 7 oz udon noodles ¹
- ¼ oz Shichimi togarashi ¹¹

What you need

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

Tools

- large pot
- large skillet

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 33g, Carbs 86g, Protein 40g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Trim **scallions**, then thinly slice. Peel and finely chop **1 tablespoon ginger**. Finely chop **1 teaspoon garlic**. Cut **broccoli** crosswise into ½-inch pieces. Pat **chicken** dry; thinly slice and season all over with **salt** and **pepper**.



2. Make scallion dressing

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **chopped ginger, garlic and scallions**; cook, stirring, until fragrant and scallions are bright green, 2-3 minutes. Transfer to a medium bowl, then stir in **all of the tamari, 1 tablespoon vinegar, and 1½ teaspoons sugar**. Return skillet to stove.



3. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook, without stirring, until golden brown on one side, 2-3 minutes (chicken will not be cooked through).



4. Add broccoli

Stir **chicken**, then add **1 tablespoon oil** and **broccoli** to skillet; season with **a pinch each of salt and pepper**. Cook over medium-high heat, stirring occasionally, until broccoli is bright green, stems are crisp-tender, and chicken is cooked through, 2-3 minutes more.



5. Cook udon noodles

Meanwhile, add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, about 5 minutes. Reserve **¼ cup cooking water**, then drain noodles and rinse under warm water.



6. Finish & serve

To skillet with **chicken** and **broccoli**, add **noodles, reserved cooking water**, and **all but 2 tablespoons of the scallion dressing**. Cook, tossing, over medium-high heat until incorporated and liquid is mostly absorbed. Serve **noodles** drizzled with **remaining scallion dressing**. Sprinkle with **some of the shichimi togarashi**, if desired (taste it first, it's spicy). Enjoy!