



## Chicken & Soba Noodle Stir-Fry

with Mushrooms, Broccoli & Furikake



30min



2 Servings

This big bowl of noodles has better-than-take-out written all over it. We toss curly chuka soba noodles, cubed chicken thighs, earthy mushrooms, and crisp broccoli in a savory sesame-tamari sauce. It creates the perfect combination of flavors and textures, plus it's full of good for you ingredients. But the best part? It's on your table in 30 minutes.



## What we send

- 1 oz fresh ginger
- 4 oz button mushrooms
- ½ lb broccoli
- 10 oz pkg cubed chicken thighs
- 6 oz chuka soba noodles <sup>1</sup>
- 2 oz tamari soy sauce <sup>2</sup>
- ½ oz pkt toasted sesame oil <sup>3</sup>
- ¼ oz furikake <sup>3</sup>

## What you need

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

## Tools

- large pot
- large nonstick skillet
- colander

## Allergens

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

## Nutrition per serving

Calories 750kcal, Fat 28g, Carbs 77g, Protein 42g



### 1. Prep ingredients

Bring a large pot of **salted water** to a boil. Peel and finely chop **2 teaspoons ginger**. Finely chop **2 teaspoons garlic**. Wipe **mushrooms**, then cut to ½-inch thick slices. Trim stems ends from **broccoli**, then cut crowns into 1-inch florets. Pat **chicken** dry and season all over with **salt and pepper**.



### 4. Cook noodles

While **chicken** cooks, add **noodles** to boiling water. Cook, stirring to prevent clumping, until just tender, about 5 minutes. Reserve **¼ cup cooking water**, then drain noodles.



### 2. Cook veggies

Heat **1 tablespoon neutral oil** in a large nonstick skillet over medium-high. Add **broccoli** and **a pinch each of salt and pepper**; cook until just tender and slightly browned, about 3 minutes. (If skillet looks dry, add 1 tablespoon neutral oil). Add **mushrooms** and cook until softened and browned, 2-3 minutes more. Transfer veggies to a bowl.



### 5. Make sauce

Return reserved skillet to medium-low heat; add **garlic** and **ginger** and cook, stirring, until just fragrant, about 30 seconds. Add **tamari, sesame oil, ½ teaspoon each of sugar and vinegar**, and **reserved cooking water**; bring to a simmer.



### 3. Cook chicken

Heat **1 tablespoon neutral oil** in same skillet over medium. Add **chicken** and cook, flipping halfway, until browned and cooked through, 5-8 minutes. Transfer chicken to bowl with **veggies**. Reserve skillet and any drippings for step 5.



### 6. Finish & serve

Add **noodles** and **chicken and veggies** to skillet with **sauce**. Cook, tossing, until **chicken and veggies** are warm and coated in **sauce**. Serve **noodles, chicken, and veggies** garnished with **some of the furikake**. Enjoy!