



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

What you need

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

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**.



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.



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.



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.



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.



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!