



Sesame-Garlic Chicken Stir-Fry

with Veggies & Udon Noodles



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 chicken and crisp veggies to our wheat noodles, and finish the plate with fresh scallions.

What we send

- 10 oz cubed chicken thighs
- 2 (½ oz) tamari pods ¹
- 7 oz udon noodles ²
- ½ lb broccoli
- 1 bell pepper
- 1 bunch scallions
- ½ oz toasted sesame oil ³
- 1 pkt honey

What you need

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

Tools

- medium pot
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 810kcal, Fat 27g, Carbs 95g, Protein 44g



1. Marinate chicken

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



4. Brown chicken

Heat **1 tablespoon neutral oil** in a large nonstick skillet over medium-high. Add **chicken and marinade** to skillet. Cook, stirring occasionally, until chicken is browned in spots and marinade is beginning to caramelize, about 5 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 **1 tablespoon neutral oil, broccoli, and peppers** to skillet with **chicken**. Stir-fry over medium-high until chicken is cooked 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

Trim stem ends from **broccoli**, then cut crown into 1-inch florets. 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**.



6. Finish & serve

Add **noodles, sauce, and ½ cup water** to skillet with **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!