

DINNERLY



Customize with Chicken

Lo Mein with Carrots & Scallions



30min



2 Servings

This version of the recipe is customized with chicken breast strips.

WHAT WE SEND

- 2 scallions
- 1 carrot
- ½ lb pkg chicken breast strips
- 6 oz chuka soba noodles ¹
- 3 oz stir-fry sauce ^{2,1}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- white wine vinegar (or vinegar of your choice)

TOOLS

- medium pot
- box grater
- medium nonstick skillet
- fine-mesh sieve

COOKING TIP

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ALLERGENS

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

NUTRITION PER SERVING

Calories 600kcal, Fat 15g, Carbs 81g, Protein 31g



1. Prep ingredients

Fill a medium pot with **salted water**; bring to a boil.

Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Scrub **carrot**, then coarsely grate on the large holes of a box grater.



2. Brown chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



3. Add veggies

Stir in **chopped garlic, carrots, and scallion whites and light greens**; season with **salt** and **pepper**. Cook, scraping up any browned bits from bottom of skillet, until carrots are slightly softened, 2–3 minutes. Remove from heat.



4. Cook noodles & prep sauce

Add **noodles** to pot with **boiling water**; cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes. Drain, rinse with cold water, then drain again. Return to pot off heat.

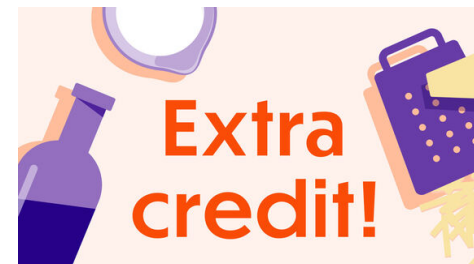
Meanwhile, in a liquid measuring cup, whisk together **stir-fry sauce**, **½ cup hot tap water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



5. Finish & serve

Transfer **sauce** and **chicken and veggies** to pot with **noodles**. Cook over medium-high heat, tossing to combine, until warmed through, 2–3 minutes. Season to taste with **pepper**.

Serve **chicken lo mein** topped with **scallion dark greens**. Enjoy!



6. Add some crunch!

Sprinkled toasted sesame seeds or roasted cashews over top for a nutty finish.