

DINNERLY



Low-Cal Cellophane Noodle Stir-Fry with Chicken & Peppers



20-30min



2 Servings

We love noodles, you love noodles, so it's time for a cellophane noodle stir-fry! These noodles will soak up every delicious flavor as you toss them with chicken, bell peppers, and a tamari and sesame oil sauce. We've got you covered!

WHAT WE SEND

- 1 bell pepper
- 2 scallions
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 2 (2 oz) cellophane noodles
- ½ lb pkg chicken breast strips

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

TOOLS

- large saucepan
- fine-mesh sieve
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 500kcal, Fat 18g, Carbs 62g, Protein 31g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil over high.

Halve **pepper**, discard stem and seeds, then cut into thin strips. Finely chop **1 teaspoon garlic**. Trim ends from **scallions** and thinly slice, keeping dark greens separate.

In a small bowl, whisk together **all of the tamari, 2 teaspoons sesame oil**, and **1 tablespoon sugar**; set aside until step 5.



2. Cook noodles

Add **noodles** to saucepan with boiling **salted water**. Cook, stirring to prevent sticking, about 3 minutes. Drain noodles in a fine-mesh sieve, rinse under cold water, then drain again.



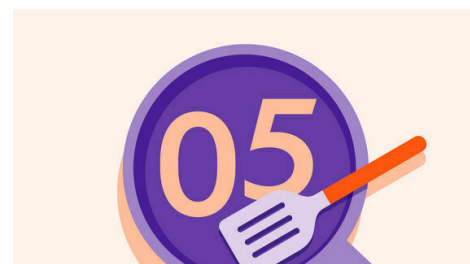
3. Sauté peppers

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **peppers**; season with **salt** and **pepper**. Cook, stirring occasionally, until slightly softened and lightly browned in spots, 4–5 minutes; transfer to a plate and cover to keep warm until step 5 (peppers will continue to soften).



4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **½ tablespoon oil** in same skillet over high. Add chicken and cook, undisturbed, until deeply browned on the bottom, 3–5 minutes. Add **chopped garlic** and **scallion whites and light greens**; cook, stirring, until chicken is cooked through, about 1 minute more.



5. Finish & serve

Return **peppers** to same skillet; add **tamari mixture**. Bring to a simmer, then remove from heat. Add **noodles**, tossing to coat.

Serve **cellophane noodle stir-fry** with **scallion dark greens** sprinkled over top. Enjoy!



6. Word of the day: Umami

Listen closely because we're about to throw some major dinnertime knowledge on the table. Studies define five basic tastes when it comes to our tongue map—yes, we said tongue map: sweet, bitter, salty, sour, and UMAMI. This Japanese term translates to “a pleasant savory taste” or “meaty” flavor. In this recipe, sesame oil and tamari bring a natural umami flavor.