



Chicken Lo Mein

with Snap Peas & Scallions



20-30min



2 Servings

Tamari is a type of Japanese soy sauce that contains less wheat than regular soy sauce. Since it is made largely from fermented soy, it has a deeper flavor.

What we send

- boneless, skinless chicken breasts
- scallions
- fresh ginger
- shredded cabbage blend
- chicken broth concentrate
- toasted sesame seeds ¹¹
- 7 oz udon noodles ¹
- ½ oz tamari ⁶

What you need

- apple cider vinegar
- kosher salt & ground pepper
- sugar

Tools

- colander
- large pot
- large skillet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 22g, Carbs 104g, Protein 52g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Pat **chicken** dry and pound to an even ½-inch thickness. Cut into ¼-inch thick strips. Trim ends from **snap peas**, then cut crosswise into 1-inch pieces. Trim ends from **scallions**, then thinly slice. Peel and finely chop **3 tablespoons ginger**.



4. Stir-fry vegetables

Heat **1 tablespoon oil** in same skillet over high. Add **snap peas, shredded cabbage**, and **a pinch each salt and pepper** to skillet and cook until crisp-tender and browned in spots, about 3 minutes.



2. Cook pasta

Add **pasta** to boiling water and cook, stirring occasionally, until almost al dente, 8-9 minutes. Reserve **½ cup pasta water**, then drain pasta well. Add **all of the tamari, chicken broth concentrate**, and **2 teaspoons each vinegar and sugar** to reserved pasta water; whisk until sugar dissolves. Reserve for step 5.



5. Build sauce

Add **tamari-broth mixture** to skillet with **vegetables**, stirring to combine.



3. Brown chicken

Season **chicken** with **a pinch each salt and pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Transfer chicken to skillet and cook until opaque, about 3 minutes. Add **ginger** and **half of the scallions** and cook until fragrant, about 30 seconds. Transfer to a plate.



6. Finish lo mein & serve

Transfer **pasta, chicken and any juices**, and **1¼ teaspoon of the sesame seeds** to skillet with **vegetables** and **sauce**. Cook, stirring, until sauce coats pasta, about 1 minute. Remove from heat and season to taste with **salt** and **pepper**. Serve **chicken lo mein** garnished with **remaining scallions and sesame seeds**. Enjoy!