

DINNERLY



Fast! Chicken Chow Mein with Scallions & Sesame Seeds



ca. 20min



2 Servings

If you need a serious pick me up, we have four words for you. Chicken. Noodle. Stir-fry. Or is that three words? Whichever it is, the deliciousness is the same. Chicken breast strips and a pre-chopped cabbage blend do all the hard work for you—just cook the noodles with stir-fry sauce, tamari, and sesame oil for that umami-rich flavor, then stir it all together with scallions and sesame seeds on top. We've got you covered!

WHAT WE SEND

- 5 oz ramen noodles ¹
- 2 scallions
- ½ lb pkg chicken breast strips
- 14 oz cabbage blend
- 3 oz stir-fry sauce ^{1,6}
- ½ oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

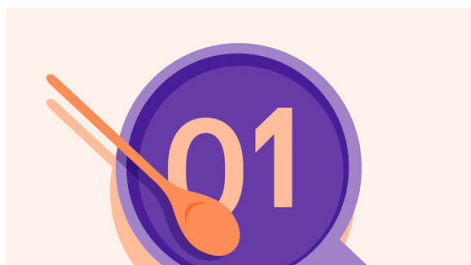
- medium pot
- medium nonstick skillet

ALLERGENS

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

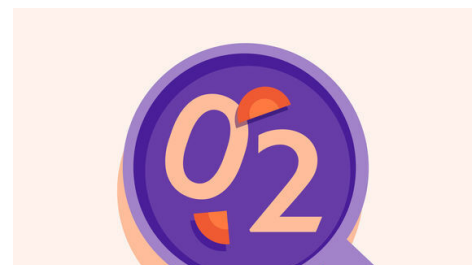
NUTRITION PER SERVING

Calories 810kcal, Fat 45g, Carbs 73g, Protein 33g



1. Cook noodles

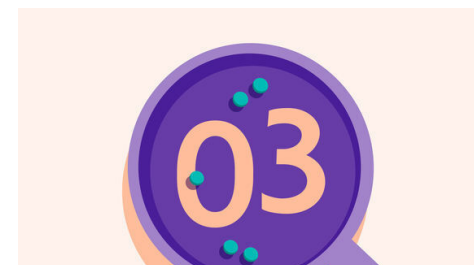
Bring a medium pot of **water** to a boil. Add **noodles**; cook, stirring occasionally to prevent sticking, until al dente, about 2 minutes. Drain, then rinse with cold water. Toss with **1 tablespoon neutral oil**.



2. Cook cabbage blend

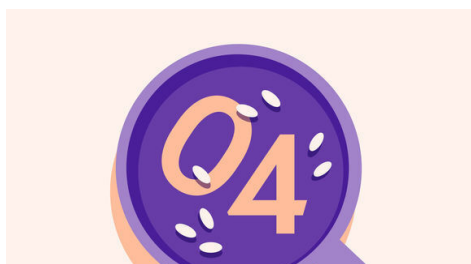
Trim **scallions**; cut into 2-inch pieces, keeping dark greens separate. Pat **chicken** dry.

In a medium nonstick skillet, heat **1 tablespoon neutral oil** over high until just smoking. Add **half the cabbage blend** and **scallion whites and light greens**; season with **salt** and **pepper**. Cook, stirring and tossing often, until lightly browned and tender, 2–4 minutes. Transfer to plate.



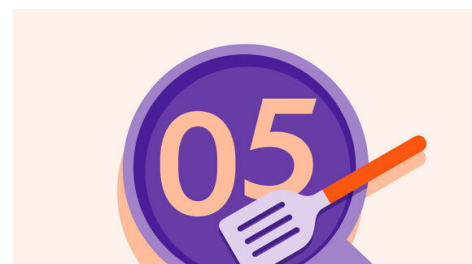
3. Cook chicken

Heat **1 tablespoon neutral oil** in same skillet over high. Add **chicken** in a single layer; season with **salt** and **pepper**. Cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to plate with **cabbage**.



4. Stir fry noodles

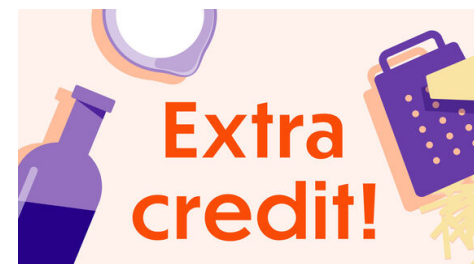
Heat **2 tablespoons neutral oil** in same skillet until just smoking. Add **noodles**; spread into a single layer. Cook undisturbed until starting to brown and crisp on the bottom, 4–5 minutes. Add **stir-fry sauce**, **tamari**, and **half of the sesame oil**. Continue cooking, stirring and tossing, until noodles are evenly coated, about 1 minute.



5. Finish & serve

Remove skillet from heat. Add **chicken**, **cabbage**, **scallion dark greens**, and **sesame seeds**; toss until scallion dark greens are wilted.

Season **chicken chow mein** to taste with **salt** and **pepper**, if necessary, before serving. Enjoy!



6. Check us out!

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