



Broken Chicken Dumpling Stir-Fry

with Broccoli & Snap Peas



20-30min



2 Servings

This 'broken dumpling' stir-fry combines all of the classic flavors of Chinese take-out. Flavorful ground chicken is sautéed with fragrant garlic, fresh ginger, tamari, and sesame oil. The stir-fry is tossed with al dente pasta squares, crisp-tender sugar snap peas, and broccoli. Fresh pasta squares, cooked al dente, mimic wonton wrappers, so each bite tastes like a chicken dumpling.

What we send

- 1 oz fresh ginger
- garlic
- ½ lb broccoli
- 4 oz snap peas
- 2 scallions
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 8.8 oz lasagna sheets ^{1,3}
- 10 oz pkg ground chicken

What you need

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

Tools

- large saucepan
- medium skillet

Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 26g, Carbs 80g, Protein 52g



1. Prep ingredients

Bring a large saucepan of water to a boil. Cover and keep warm over low heat. Peel and finely chop **1 tablespoon ginger**. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets. Trim **snap peas**. Trim **scallions**, then thinly slice.



2. Prep sauce & pasta

In a small bowl, stir to combine **tamari**, **2 teaspoons sesame oil**, **1 teaspoon sugar**, and **1 teaspoon vinegar**. Stack **half of the pasta sheets**, then cut into 1½-inch squares. Repeat with remaining pasta sheets. Cover with a damp paper towel to keep from drying out and reserve for step 6.



3. Season chicken

In a small bowl, knead to combine **ground chicken**, **chopped ginger and garlic**, **half of the scallions**, and **¼ teaspoon each of salt and pepper**.



4. Cook chicken

Heat **1 tablespoon neutral oil** in a medium skillet over medium-high. Add **seasoned chicken** and cook, breaking up meat into smaller pieces, until browned in spots and cooked through, about 5 minutes. Transfer to a bowl.



5. Stir-fry vegetables

Heat **1 tablespoon neutral oil** in same skillet over medium-high. Add **broccoli**, **remaining scallions**, and **a pinch of salt**. Stir-fry until crisp-tender, 3–4 minutes. Add **snap peas** and cook until bright green, 1–2 minutes. Stir in **chicken**, then remove skillet from heat.



6. Finish & serve

Return water to a boil; add **pasta squares** and cook until tender, 1–2 minutes. Reserve **2 tablespoons cooking water**, then drain **pasta** well. Heat skillet with **veggies and chicken** over medium-high. Stir **sauce**, then add to skillet along with **pasta** and **reserved cooking water**. Stir-fry until **pasta** is coated, 2–3 minutes. Season to taste with **salt and pepper**. Enjoy!