

DINNERLY



Chicken Tempura with Stir-Fried Noodles & Green Beans



30-40min



2 Servings

If there was a Spotify Mega Hit playlist for recipes, pretty sure this slurpable bowl would be at the top of the list. Tossed with crisp-tender green beans and tempura-fried chicken coated in a sticky tamari sauce, it's the vibe for tonight. We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- 2 oz tamari soy sauce ²
- ¼ oz granulated garlic
- 2 scallions
- ½ lb green beans
- 6 oz spaghetti ¹

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- all-purpose flour ¹
- neutral oil

TOOLS

- medium pot
- large heavy skillet (preferably cast-iron)

ALLERGENS

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

NUTRITION PER SERVING

Calories 890kcal, Fat 41g, Carbs 95g, Protein 46g



1. Marinate chicken

Pat **chicken** dry.

In a medium bowl, combine **1 tablespoon tamari**, **¼ teaspoon granulated garlic**, **1 teaspoon vinegar**, and **½ teaspoon sugar**, whisking until sugar dissolves. Add chicken, tossing to coat. Let marinate at room temperature until step 4.

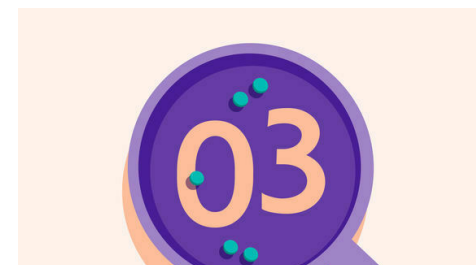


2. Prep ingredients

Bring a medium pot of **salted water** to boil. Trim ends from **scallions**; thinly slice. Trim ends from **green beans**; cut into thirds.

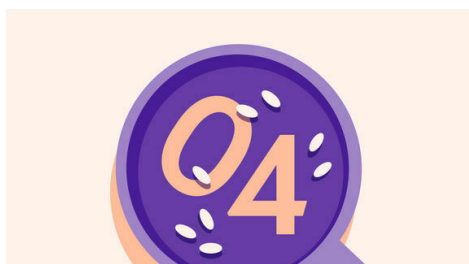
In a second medium bowl, whisk together **½ cup each of flour and water**; season **batter** with **salt** and **pepper**.

In a separate small bowl, combine **remaining tamari** and **1 tablespoon each of vinegar and sugar**; whisk until sugar dissolves.



3. Cook noodles

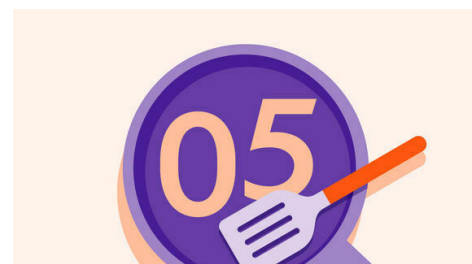
Add **noodles** to pot with boiling **salted water** and cook, stirring to prevent sticking, until al dente, about 10 minutes. Reserve **¼ cup cooking water**, then drain pasta. Reserve pot for step 5.



4. Fry chicken tempura

Line a wire cooling rack or plate with paper towels. Transfer **chicken** to a separate plate, discarding **marinade**.

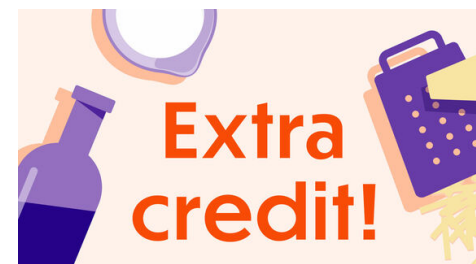
Heat **¼ inch oil** in a large heavy skillet until shimmering. Working in batches, dip chicken in **batter**, turning to coat, and carefully add to skillet. Cook until browned and cooked through, 4–5 minutes. Drain on prepared rack or plate; season with **salt**.



5. Stir-fry noodles & serve

Heat **1 tablespoon oil** in reserved pot over medium-high. Add **green beans** and **half of the scallions**; cook until green beans are crisp-tender, 3–4 minutes. Stir in **noodles**, **reserved cooking water**, and **tamari mixture**. Cook until **sauce** is slightly reduced, 1–2 minutes.

Serve **chicken tempura and noodles** with **remaining scallions** sprinkled over top. Enjoy!



6. Check us out!

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