

DINNERLY



Udon Noodle Soup with Ready to Heat Chicken

with Kale & Roasted Sweet Potato



45min



2 Servings

Our favorite way to eat our veggies? In udon noodle soup, of course! Just picture it: roasted sweet potato and tender kale leaves swimming with ready to heat chicken in a savory broth as you slurp up slippery udon noodles. That sounds a lot more exciting than a salad if you ask us. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 2 scallions
- 10 oz fresh udon noodles ¹
- ½ lb pkg ready to heat chicken
- ¼ oz mushroom seasoning
- 2 (½ oz) tamari soy sauce ⁶
- 1 oz mirin ¹⁷

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- large saucepan
- rimmed baking sheet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

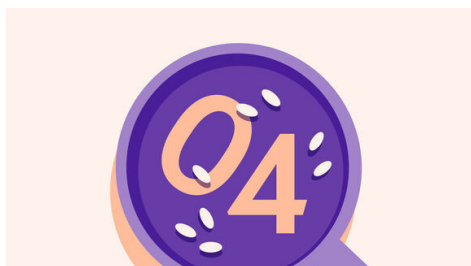
Calories 520kcal, Fat 7g, Carbs 70g, Protein 38g



1. Roast sweet potatoes

Preheat oven to 425°F with a rack in the center. Bring a large saucepan of **water** to a boil.

Scrub **sweet potato**; cut into ¼-inch thick rounds. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until browned and tender, flipping pieces halfway through, 30–35 minutes.



4. Make broth & serve

In same saucepan, combine **shredded chicken**, **mushroom seasoning**, **tamari**, **mirin**, and **2½ cups water**; bring to a simmer over high heat, breaking chicken up with a spoon. Cover and set aside off heat until ready to serve.

Divide **noodles**, **kale**, **chicken**, and **sweet potatoes** between bowls. Rewarm **broth**, if necessary, and pour over top. Sprinkle with **scallions**. Enjoy!



2. Prep kale & scallions

Meanwhile, strip **half of the kale leaves** from tough stems (save rest for own use). Tear or chop leaves into bite-sized pieces; discard stems.

Trim **scallions**; thinly slice on an angle.



5. ...

What were you expecting, more steps?



3. Blanch kale & noodles

Add **kale** to saucepan with **boiling water** and cook until bright green and tender, 4–5 minutes. Add **noodles** and cook, stirring to separate, 1–2 minutes more. Drain and rinse noodles and kale with cold water, then drain again. Set aside.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!