

DINNERLY



Low-Cal Chicken & Rice Noodle Stir-Fry with Snow Peas



20-30min



2 Servings

Gluten-free rice noodles provide the perfect landing pad for a quick chicken and snow pea stir-fry. Ginger, garlic, tamari, and a hint of sugar combine for a killer sauce. This dish is a weeknight (or any night) delight that you'll want to cook up again and again! We've got you covered!

WHAT WE SEND

- ½ lb pkg chicken breast strips
- 1 piece fresh ginger
- 2 (½ oz) tamari soy sauce¹
- 4 oz snow peas
- 5 oz pad Thai noodles

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper
- sugar
- garlic

TOOLS

- large saucepan
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 610kcal, Fat 25g, Carbs 68g, Protein 36g



1. Marinate chicken

Bring a large saucepan of water to a boil.

Pat **chicken** dry. Finely chop **1 teaspoon garlic** and **¾ of the ginger**. In a medium bowl, stir to combine **chicken, chopped garlic and ginger, 1 tablespoon oil**, and **¼ teaspoon each of salt and pepper**. Set aside to marinate.



2. Prep sauce & snow peas

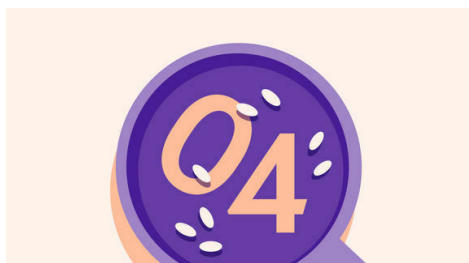
In a small bowl, combine **all of the tamari, 2 tablespoons water**, and **1½ teaspoons sugar**.

Trim stem ends from **snow peas**. Stack and cut lengthwise into **¼-inch wide strips**.



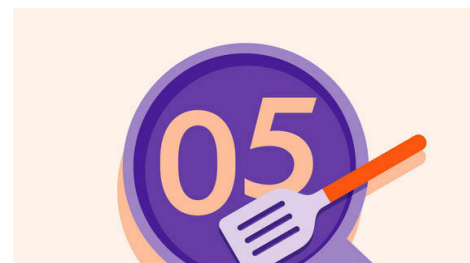
3. Cook noodles

Add **noodles** to saucepan with boiling **water** and cook, stirring frequently to prevent sticking, until al dente, 6–8 minutes. Drain noodles, then rinse under cold water and toss with **½ teaspoon oil**; set aside until step 5.



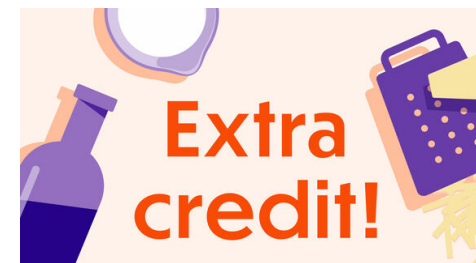
4. Stir-fry chicken

Heat **2 tablespoons oil** in a large nonstick skillet over high until shimmering. Add **chicken** (should sizzle vigorously) in a single layer and cook, without stirring, until lightly browned on the bottom but not cooked through, 2–3 minutes.



5. Finish stir-fry & serve

Add **snow peas** to skillet with **chicken** and cook, stirring, until snow peas are bright green and chicken is cooked through, about 1 minute. Add **noodles** and cook, tossing, until heated through, about 1 minute. Stir **sauce**, then add to skillet and cook, tossing, until noodles are coated and sauce is slightly thickened, 1–3 minutes. Enjoy!



6. Make it ahead!

Do the prep ahead of time: In the morning, get the chicken in the marinade and prep the sauce and snow peas. So when hungry bellies start rumbling, dinner will be on the table in the time it takes to cook the noodles!