

# MARLEY SPOON



## Chicken Udon Stir-Fry

with Spinach & Fresh Ginger



20-30min



2 Servings

Ditch the menu, we've mastered the perfect noodle dish to fulfill that take-out craving. Our trick to an ultra flavorful dish is seasoning every step of the way, starting with chicken breast strips that are marinated in fresh ginger before stir-frying. Silky udon noodles, crisp carrots, aromatic scallions, and baby spinach adds a variety of textures, while a homemade stir-fry sauce ties it all together.



## What we send

- ½ oz chili garlic sauce
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 1 oz fresh ginger
- 10 oz pkg chicken breast strips
- 2 scallions
- 1 carrot
- 7 oz udon noodles <sup>1</sup>
- 5 oz baby spinach
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- kosher salt & ground pepper
- sugar
- white wine vinegar (or apple cider vinegar) <sup>17</sup>
- neutral oil

## Tools

- large saucepan
- large nonstick skillet

## Allergens

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 720kcal, Fat 20g, Carbs 92g, Protein 46g



### 1. Make stir-fry sauce

Bring a large saucepan of **salted water** to a boil. In a small bowl, stir to combine **chili garlic sauce**, **all of the tamari**, **1 tablespoon sugar**, and **2 teaspoons each of vinegar and oil** until sugar dissolves. Set aside until step 6.



### 4. Cook noodles

Add **noodles** to saucepan with boiling water and cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse with warm water, and drain again.



### 2. Marinate chicken

Peel and finely chop **2 teaspoons ginger**. Transfer **chicken** and ginger to a medium bowl. Drizzle with **oil** and season with **salt** and **pepper**; stir to coat chicken. Let stand at room temperature until step 5.



### 5. Stir-fry veggies, chicken

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **carrots** and **scallions**; season with **salt** and **pepper**. Cook, stirring occasionally, until carrots are crisp-tender, 3-4 minutes. Add **chicken and ginger**; drizzle with **2 teaspoons oil**. Cook until chicken is just cooked through, about 3 minutes. Stir in **spinach** until wilted, about 30 seconds.



### 3. Prep vegetables

Trim **scallions**, then cut into 1-inch pieces. Scrub **carrot**, then halve lengthwise and thinly slice into half-moons.



### 6. Finish & serve

To skillet with **vegetables and chicken**, stir in **cooked noodles** and **sauce** until noodles are coated and warmed through, about 1 minute. Stir in **sesame seeds**. Season **chicken udon stir-fry** to taste with **salt** and **pepper** and serve. Enjoy!