

DINNERLY



Teriyaki Chicken Strips & Broccoli Stir-Fry with Rice Noodles



20-30min



2 Servings

Just talking about chicken and broccoli puts us in a good mood. Try being grumpy while you think about lean chicken breast strips and tender broccoli with chewy rice noodles, all smothered in teriyaki sauce. See, it's impossible! We've got you covered!

WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- 2 oz teriyaki sauce ^{1,6}
- 5 oz pad Thai noodles
- ½ lb pkg chicken breast strips

WHAT YOU NEED

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

TOOLS

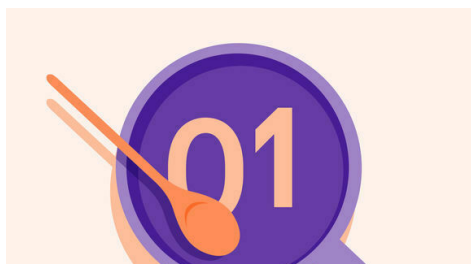
- large pot
- large nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 740kcal, Fat 23g, Carbs 102g, Protein 40g

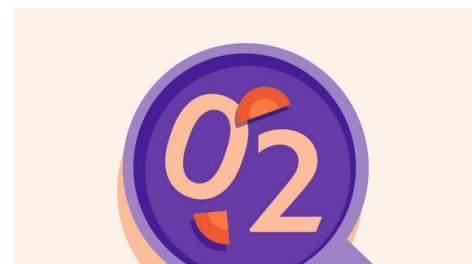


1. Prep veggies & sauce

Bring a large pot of **salted water** to a boil.

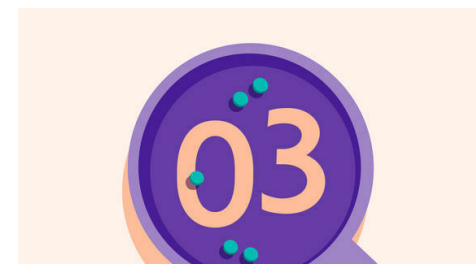
Finely chop **1 teaspoon garlic**. Cut **onion** into 1-inch pieces. Cut **broccoli** into ½-inch florets, if necessary.

In a small bowl, stir to combine **teriyaki sauce** and **1½ teaspoons sugar**.



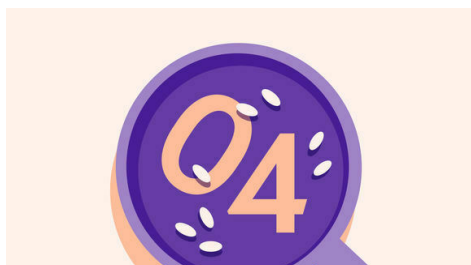
2. Cook broccoli & noodles

Add **noodles** to pot with boiling **salted water** and cook, stirring occasionally to prevent sticking, about 4 minutes. Stir in **broccoli** and cook until both are tender, 2–3 minutes. Reserve **¼ cup cooking water**. Drain, rinse under cold water, then drain again. Toss with **1 teaspoon oil**.



3. Start stir-fry

Pat **chicken** dry; season with **salt** and **pepper**. Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **chicken** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Add **garlic**, stir, and cook until garlic is fragrant and chicken is cooked through, about 2 minutes more. Transfer to a plate. Reserve skillet.



4. Finish stir-fry

Return skillet to high heat. Add **onions** and **1 tablespoon oil**; cook until browned and crisp-tender, 2–3 minutes. Add **broccoli** and **noodles** to skillet with **onions**; cook until just combined and heated through, 1–2 minutes. Add **chicken**, **teriyaki mixture**, and **reserved cooking water**. Cook, tossing, until noodles are evenly coated in sauce, about 1 minute.



5. Serve

Serve **chicken and broccoli stir-fry**. Enjoy!



6. ...

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