

DINNERLY



Tray Bake: Teriyaki Chicken Ramen Noodles

with Cabbage & Sesame Seeds



40-50min



2 Servings

This ain't your instant ramen, but it comes together just as easily! Lean chicken strips combine with chewy ramen noodles, teriyaki AND stir-fry sauce, toasted sesame seeds, and a cabbage blend to bring you all the saucy, crunchy deliciousness you need in your life. We've got you covered!

WHAT WE SEND

- aluminum foil tray
- ½ lb pkg chicken breast strips
- 2 (2½ oz) ramen noodles ¹
- 2 oz teriyaki sauce ^{1,6}
- 3 oz stir-fry sauce ^{1,6}
- 14 oz cabbage blend
- ¼ oz pkt toasted sesame seeds ¹¹

WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

TOOLS

- nonstick cooking spray
- large saucepan

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 13g, Carbs 75g, Protein 34g



1. Cook chicken

Preheat oven to 450°F with a rack in the center position. **Grease** aluminum tray with nonstick spray. Pat **chicken** dry; cut into 1-inch pieces, if necessary.

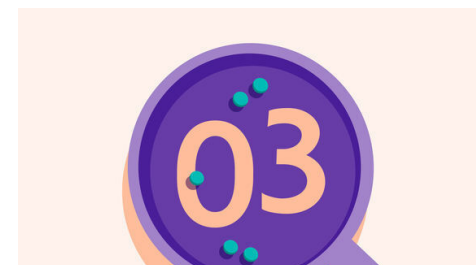
In prepared tray, toss **chicken** with 1 **tablespoon oil**; season with **salt** and **pepper**. Bake on center rack until chicken is cooked through, stirring halfway through, 10–15 minutes.



2. Prep ingredients

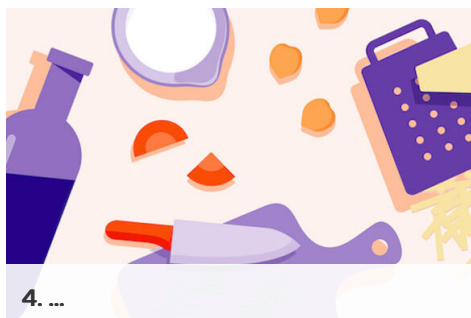
Bring a large saucepan of water to a boil. Place **ramen noodles** in a large bowl; add enough **boiling water** to cover. Soak noodles until pliable, about 2 minutes. Drain noodles; reserve bowl.

In reserved bowl, mix **noodles**, **chicken**, **teriyaki sauce**, **stir fry sauce**, and **half of the cabbage blend** until evenly combined. Transfer mixture to tray.



3. Bake & serve

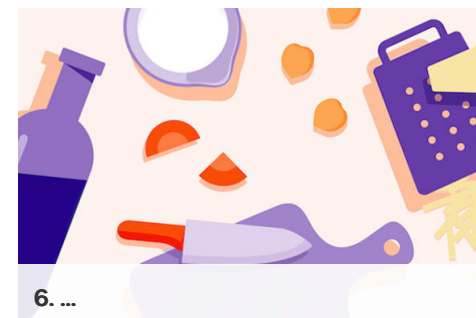
Bake **chicken and noodles** on center rack until browned and crisp on top, 20–25 minutes. Top with **sesame seeds**. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!