



Chicken & Broccoli Lo Mein

with Toasted Cashews



30min



2 Servings

Who needs take-out when you can make better-than-take-out dinners in your kitchen? No one! This recipe is proof. Quick-cooking chicken breast strips and crisp broccoli come together with udon noodles for a fresh take on lo mein. We stir-fry the whole thing in stir-fry sauce and sesame oil, then top it with roasted cashews for a savory finishing crunch.

What we send

- garlic
- 1 red onion
- ½ lb broccoli
- 7 oz udon noodles ¹
- 2 (3 oz) stir-fry sauce ^{1,3}
- 1 pkt chicken broth concentrate
- ½ oz toasted sesame oil ²
- 2 (1 oz) salted cashews ⁴
- ½ lb pkg chicken breast strips

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- medium pot
- large skillet

Allergens

Wheat (1), Sesame (2), Soy (3), Tree Nuts (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 960kcal, Fat 33g, Carbs 129g, Protein 47g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**. Halve **onion**, then thinly slice through the root end. Trim stem ends from **broccoli**, then cut crowns into ½-inch florets.



4. Cook chicken

Pat **chicken** dry. Heat **1 tablespoon neutral oil** in a large skillet over high until shimmering. Add chicken and cook, without stirring, until browned on one side, 2-3 minutes. Stir and continue to cook until well browned and cooked through, about 1 minute more. Transfer chicken to a plate.



2. Cook noodles

Add **noodles** to boiling water. Cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse noodles with cold water, and drain again. Toss with **1 teaspoon neutral oil**.



5. Stir-fry vegetables

Heat **1 tablespoon neutral oil** in same skillet over medium-high. Add **sliced onions, broccoli**, and a **pinch each of salt and pepper**. Cook, stirring, until vegetables are crisp-tender and browned in spots, about 4 minutes. Add **chopped garlic** and cook, stirring, until fragrant, about 1 minute.



3. Make sauce

In small bowl, combine **all of the stir-fry sauce, chicken broth concentrate, sesame oil**, and **¼ cup water**. Coarsely chop **cashews**. Set aside until step 6.



6. Add noodles & serve

Add **noodles, chicken**, and **sauce** to skillet with **vegetables**. Cook over high heat, tossing, until noodles and vegetables are well coated and sauce is mostly absorbed, 2-3 minutes. Season to taste with **salt** and **pepper**. Serve **chicken lo mein** with **chopped cashews** sprinkled over top. Enjoy!