



Sweet & Spicy Stir-Fried Chicken

with Zucchini Ribbons



30min



2 Servings

Beef and veggie stir-fries can often weigh you down—but not this low carb/high protein twist that comes together in a flash! We brown chicken breast strips and colorful bell peppers before stir-frying them in a sweet gingery sauce. Delicate zucchini ribbons, edamame beans, and scallions round out the meal with fresh vegetables that soak up the sauce and leave you feeling happy, not heavy.

What we send

- 2 zucchini
- 1 bell pepper
- 2 scallions
- 1 oz fresh ginger
- 3 oz stir-fry sauce ^{1,2}
- ¼ oz cornstarch
- ½ oz chili garlic sauce
- 10 oz pkg chicken breast strips
- ¼ oz pkt toasted sesame seeds ³
- 2½ oz edamame ¹

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- microplane or grater
- large skillet

Allergens

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

Nutrition per serving

Calories 380kcal, Fat 11g, Carbs 31g, Protein 41g



1. Prep ingredients

Use a vegetable peeler to peel **zucchini** from top to bottom into ribbons. Halve **pepper**, discard stem and seeds, then thinly slice into ⅛-inch slices. Trim ends from **scallions**, then thinly slice, keeping dark and light greens separate. Finely grate **1 teaspoon ginger**.



4. Add remaining ingredients

To **skillet with chicken and peppers**, stir in **zucchini ribbons, edamame, scallion light greens**, and **sweet & spicy sauce**; cook over high heat, tossing frequently, until just tender, 1-2 minutes. Season to taste with **salt and pepper**.



2. Make sweet & spicy sauce

In a small bowl, whisk to combine **stir-fry sauce, grated ginger, half of the cornstarch** (save rest for own use), **half of the chili garlic sauce**, and **1 tablespoon water**.



5. Finish

Serve **stir-fried chicken & zucchini ribbons** with **dark scallion greens** and **sesame seeds** sprinkled over top. Drizzle with **remaining chili garlic sauce**, as desired.



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Cook chicken & peppers

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **chicken** and **peppers** in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until chicken is cooked through and peppers are tender, 2-3 minutes more.



6. Serve

Enjoy!