



Char Siu Chicken Breast

with Veggie Lo Mein



30min



2 Servings

Char siu is a common way to flavor meat in Chinese cooking by creating a barbecue-like flavor—balancing sweet and tangy ingredients. Here, lean chicken breasts are glazed in an aromatic combination of ginger, honey, vinegar, and hoisin sauce, then broiled until lightly charred. It's served over stir-fried lo mein studded with crisp veggies.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- 1 oz fresh ginger
- 2 oz hoisin sauce ^{1,2,3}
- ½ oz honey
- 1 carrot
- 2 scallions
- 2 (½ oz) tamari soy sauce ²
- ½ oz toasted sesame oil ¹
- 7 oz udon noodles ³
- 4 oz snow peas

What you need

- kosher salt & pepper
- apple cider vinegar
- sugar
- neutral oil

Tools

- meat mallet (or heavy skillet)
- aluminium foil
- rimmed baking sheet
- microplane or grater
- large saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 780kcal, Fat 13g, Carbs 117g, Protein 53g



THIS IS A CUSTOMIZED RECIPE STEP

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

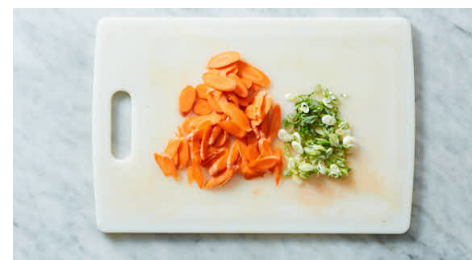
1. Prep chicken & glaze

Pat **chicken** dry; trim excess fat, then use a meat mallet or heavy skillet to pound to ½-inch thickness. Place on a foil-lined rimmed baking sheet, then season all over with **salt** and **pepper**. Peel and finely grate **1¾ teaspoons ginger**. In a small bowl, stir to combine **hoisin**, **honey**, **¼ teaspoon of the grated ginger**, and **1 teaspoon vinegar**.



4. Glaze & broil chicken

Brush both sides of **chicken** with **half of the hoisin glaze**. Broil on top oven rack until firm to the touch but not cooked through, about 3 minutes. Remove from oven, flip chicken, and brush with remaining glaze. Broil on top oven rack until glossy, lightly charred, and cooked through, 3-4 minutes more (watch closely).



2. Prep carrot & scallions

Preheat broiler with top rack 6 inches from heat source. Bring a large saucepan of water to a boil. Scrub and trim **carrot**, then thinly slice crosswise. Trim **scallions**, then thinly slice on an angle.



5. Stir-fry veggies

Meanwhile, heat **1 tablespoon neutral oil** in a medium nonstick skillet over medium-high until shimmering. Add **carrots** and stir-fry until crisp-tender, 2-3 minutes. Add **snow peas**, **remaining grated ginger**, and **half of the scallions**, and stir-fry just until snow peas are bright green, about 30 seconds.



3. Prep sauce & cook noodles

In a small bowl, combine **tamari**, **1 tablespoon water**, and **1 teaspoon each of sesame oil, sugar, and vinegar**; stir to dissolve sugar. Add **udon noodles** to boiling water and cook, stirring frequently to prevent clumping, until tender, 3-5 minutes. Drain noodles, rinse under cold water, and drain well again.



6. Finish & serve

Add **noodles** to skillet with **veggies**, and stir-fry until heated through and evenly combined. Add **tamari mixture** and stir-fry, gently stirring, until noodles are coated, 1-2 minutes. Serve **chicken** over **veggie lo mein**, and sprinkled with **remaining scallions**. Drizzle **chicken drippings and glaze** from baking sheet over top. Enjoy!