



## Tray Bake: Take-Out Chicken Ramen Noodle Bake

with Scallions & Cabbage



40-50min



2 Servings

This dinner shortcut is no work, all flavor. Just mix the ingredients in our easy-to-use foil tray, pop it in the oven, and enjoy your mess-free, perfectly baked meal. We toss chicken, noodles, cabbage, and scallions in a blend of stir-fry and teriyaki sauces and toasted sesame oil. Once baked, we top it all off with crunchy fried onions, toasted sesame seeds, and fresh scallion greens.



## What we send

- aluminum foil tray
- 10 oz pkg chicken breast strips
- 7 oz udon noodles <sup>1</sup>
- 2 scallions
- 3 oz stir-fry sauce <sup>1,6</sup>
- 2 oz teriyaki sauce <sup>1,6</sup>
- 14 oz cabbage blend
- ½ oz toasted sesame oil <sup>11</sup>
- ½ oz fried onions <sup>6</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## 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 770kcal, Fat 18g, Carbs 106g, Protein 48g



### 1. Cook chicken

Preheat oven to 450°F with a rack in the center. **Grease** aluminum baking tray with nonstick spray. Pat **chicken** dry; cut into 1-inch pieces, if necessary. In prepared tray, toss **chicken** with **1 tablespoon neutral oil**; season with **salt** and **pepper**. Bake on center rack until chicken is cooked through, stirring halfway, 10-15 minutes.



### 4. Bake & serve

Bake **noodles** on center rack until browned and crisp on top, 20-25 minutes. Top with **scallion greens**, **fried onions**, and **sesame seeds**. Enjoy!



### 2. Prep ingredients

Bring a large saucepan of **water** to a boil. Place **noodles** in a large bowl; add enough **boiling water** to cover. Soak noodles until pliable, about 2 minutes. Drain noodles; reserve bowl. Trim **scallions**; thinly slice on an angle, keeping dark greens separate.



### 3. Mix ingredients

In reserved bowl, mix **noodles**, **chicken**, **scallion whites and light greens**, **stir-fry sauce**, **teriyaki sauce**, **half of the cabbage blend** (save rest for own use), and **1½ teaspoons sesame oil** until evenly combined. Transfer mixture to tray.



### 5. Tray bake take two!

The foil tray that makes this tray bake so easy is reusable! Wash with dish soap and water, then dry thoroughly. Next time you're ready for a tray bake, spray the tray with nonstick cooking spray for another easy clean-up.



### 6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.