

# MARLEY SPOON



## Chicken Chow Mein

with Snow Peas



ca. 20min



2 Servings

How can something this good come together so fast? That's just the power of a chicken chow mein! Snow peas, a pre-chopped cabbage blend, tender chicken strips, and noodles toss together with an umami-rich stir-fry sauce. A sprinkle of toasted sesame seeds is all you need to complete this comforting classic.



## What we send

- 7 oz udon noodles <sup>1</sup>
- 2 scallions
- 4 oz snow peas
- 10 oz pkg chicken breast strips
- ¼ oz cornstarch
- 3 oz stir-fry sauce <sup>1,6</sup>
- ½ oz toasted sesame oil <sup>11</sup>
- 14 oz cabbage blend
- ½ oz tamari soy sauce <sup>6</sup>
- ¼ oz pkt toasted sesame seeds <sup>11</sup>

## What you need

- neutral oil
- kosher salt & ground pepper

## Tools

- large saucepan
- medium nonstick skillet

## 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 1000kcal, Fat 47g, Carbs 101g, Protein 47g



### 1. Cook noodles

Bring a large saucepan of **water** to a boil. Add **noodles**; cook, stirring occasionally, until al dente and noodles come apart, about 5 minutes. Drain and set aside.



### 2. Prep ingredients

Trim **scallions**; cut into 2-inch pieces, keeping dark greens separate. Trim **snow peas**, if necessary.

Pat **chicken** dry. Toss in a medium bowl with **cornstarch**, **1 tablespoon stir-fry sauce**, **1½ teaspoons sesame oil**, and **¼ teaspoon salt**.



### 3. Cook vegetables

In a medium nonstick skillet, heat **1 tablespoon neutral oil** over high until just smoking. Add **snow peas, scallion whites and light greens**, and **half of the cabbage blend**; season with **salt** and **pepper**. Cook, stirring and tossing often, until lightly browned and crisp-tender, 2-4 minutes. Transfer to a plate.



### 4. Cook chicken

Heat **1 tablespoon neutral oil** in same skillet over high. Add **chicken** in a single layer. Cook, stirring occasionally, until browned and cooked through, 3-5 minutes. Transfer to plate with **vegetables**.



### 5. Stir-fry noodles

Heat **2 tablespoons neutral oil** in same skillet until just smoking. Add **noodles**; spread into a single layer. Cook undisturbed until starting to brown and crisp on the bottom, 4-5 minutes. Add **tamari** and **remaining stir-fry sauce and sesame oil**. Cook, stirring and tossing, until evenly coated, about 1 minute.



### 6. Finish & serve

Off heat, add **chicken, vegetables, scallion dark greens**, and **sesame seeds**; toss until scallion dark greens are wilted.

Season **chicken chow mein** to taste with **salt** and **pepper** before serving. Enjoy!