

# DINNERLY



## Teriyaki Ground Chicken & Broccoli Stir-Fry

with Rice Noodles



20-30min



2 Servings

Just talking about chicken and broccoli puts us in a good mood. Try being grumpy while you think about lean ground chicken and tender broccoli with chewy rice noodles, all smothered in teriyaki sauce. See, it's impossible! We've got you covered!

### WHAT WE SEND

- 1 red onion
- ½ lb broccoli
- 2 oz teriyaki sauce <sup>1,2</sup>
- 5 oz pad Thai noodles
- 10 oz pkg ground chicken

### WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- sugar
- neutral oil

### TOOLS

- large pot
- large nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 790kcal, Fat 24g, Carbs 102g, Protein 45g

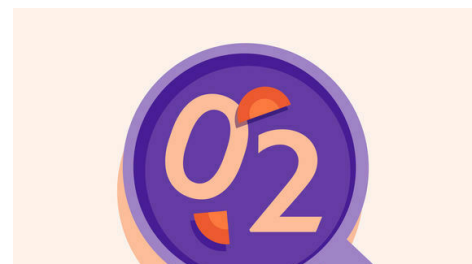


#### 1. Prep veggies & sauce

Bring a large pot of **water** to a boil.

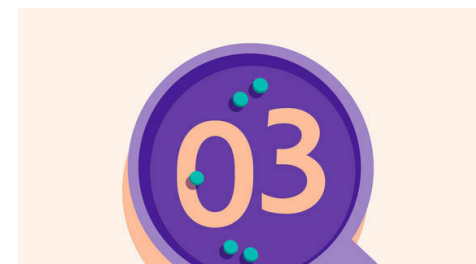
Finely chop **1 teaspoon garlic**. Cut **onion** into 1-inch pieces. Cut **broccoli** into ½-inch florets, if necessary.

In a small bowl, stir to combine **teriyaki sauce** and **1½ teaspoons sugar**.



#### 2. Cook broccoli & noodles

Add **noodles** to pot with boiling **water** and cook, stirring occasionally to prevent sticking, about 4 minutes. Stir in **broccoli** and cook until both are tender, 2–3 minutes. Reserve **¼ cup cooking water**. Drain, rinse under cold water, then drain again. Toss with **1 teaspoon oil**.



#### 3. Start stir-fry

Heat **1 tablespoon oil** in a large nonstick skillet over high. Add **chicken, garlic**, and season with **salt** and **pepper**. Cook, breaking up into smaller pieces, until any liquid is evaporated and chicken is browned and cooked through, 5–7 minutes. Transfer to a plate.

Return skillet to high heat. Add **onions** and **1 tablespoon oil**; cook until browned and crisp-tender, 2–3 minutes.



#### 4. Finish & serve

Add **broccoli** and **noodles** to skillet with **onions**; cook until just combined and heated through, 1–2 minutes. Add **chicken, teriyaki mixture**, and **reserved cooking water**. Cook, tossing, until noodles are evenly coated in sauce, about 1 minute.

Serve **chicken and broccoli stir-fry**. Enjoy!



#### 5. ...

What were you expecting, more steps?



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!