

DINNERLY



Chicken & Broccoli Noodle Stir-Fry with Toasted Sesame Seeds



ca. 20min



2 Servings

Chicken and broccoli? Check. Udon noodles? Check. Your appetite?
Check. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ½ lb pkg chicken breast strips
- 3 oz stir-fry sauce ^{1,2}
- ¼ oz pkt toasted sesame seeds ³
- 7 oz udon noodles ²

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- apple cider vinegar (or red wine vinegar)

TOOLS

- large saucepan
- medium nonstick 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 740kcal, Fat 28g, Carbs 92g, Protein 39g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil over high.

Cut **broccoli** into 1-inch florets, if necessary.

Finely chop 2 **teaspoons garlic**.



2. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until browned and cooked through, flipping halfway through cooking time, 3–5 minutes. Transfer to a plate.



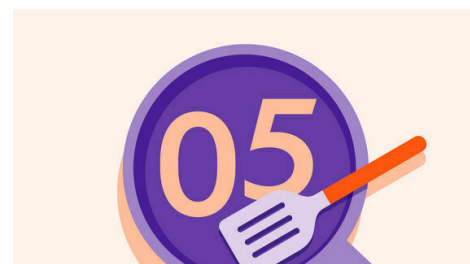
3. Cook broccoli

Heat 2 **tablespoons oil** in same skillet. Add **broccoli** and cook, stirring occasionally, until just tender and browned in spots, about 5 minutes. Add **chopped garlic**; cook, stirring occasionally, until fragrant, about 30 seconds. Remove from heat.



4. Cook noodles

While **broccoli** cooks, add **noodles** to saucepan with boiling **salted water**; cook until just al dente, 4–5 minutes. Drain and return to saucepan.



5. Assemble & serve

Heat saucepan with **noodles** over medium-high. Add **broccoli**, **chicken**, and **stir-fry sauce**. Cook, stirring occasionally, until broccoli and chicken are coated and sauce is reduced, 1–2 minutes. Remove from heat; stir in 2 **teaspoons vinegar** and season to taste.

Serve **chicken and broccoli noodles** with **sesame seeds** over top. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.