

# DINNERLY



## Teriyaki Chicken Udon Noodles with Cabbage & Sesame Seeds



40-50min



2 Servings

This ain't your instant ramen, but it comes together just as easily! Lean chicken strips combine with chewy udon noodles, teriyaki AND stir-fry sauce, toasted sesame seeds, and a cabbage blend to bring you all the saucy, crunchy deliciousness you need in your life. We've got you covered!



### WHAT WE SEND

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

### WHAT YOU NEED

- neutral oil
- kosher salt & ground pepper

### TOOLS

- nonstick cooking spray
- large saucepan

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 640kcal, Fat 14g, Carbs 96g, Protein 40g



#### 1. Cook chicken

Preheat oven to 450°F with a rack in the center position. **Grease** aluminum tray with nonstick spray. Pat **chicken** dry; cut into 1-inch pieces, if necessary.

In prepared tray, toss **chicken** with 1 **tablespoon oil**; season with **salt** and **pepper**. Bake on center rack until chicken is cooked through, stirring halfway through, 10–15 minutes.



#### 2. Prep ingredients

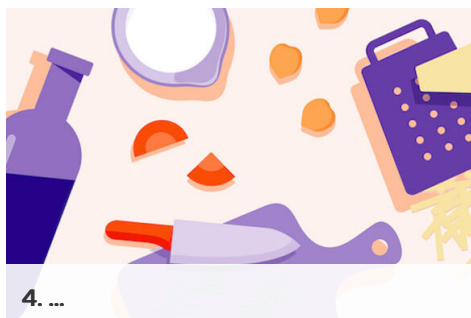
Bring a large saucepan of water to a boil. Place **noodles** in a large bowl; add enough **boiling water** to cover. Soak noodles until pliable, about 2 minutes. Drain noodles; reserve bowl.

In reserved bowl, mix **noodles**, **chicken**, **teriyaki sauce**, **stir fry sauce**, and **half of the cabbage blend** until evenly combined. Transfer mixture to tray.



#### 3. Bake & serve

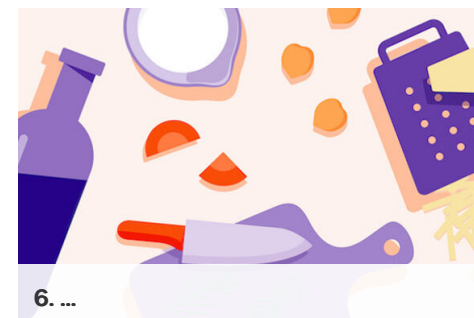
Bake **chicken and noodles** on center rack until browned and crisp on top, 20–25 minutes. Top with **sesame seeds**. Enjoy!



What were you expecting, more steps?



You're not gonna find them here!



Kick back, relax, and enjoy your Dinnerly!