



Chicken & Broccoli Lo Mein

with Toasted Cashews



30min



2 Servings

Who needs take-out when you can make better-than-take-out dinners in your kitchen? No one! Tender chicken breast strips and crisp broccoli come together with Chinese egg noodles for a fresh take on lo mein. We stir-fry the whole thing in an umami sauce of tamari and sesame, then top it with roasted cashews for a savory finishing crunch.

What we send

- 1 piece fresh ginger
- garlic
- 1 red onion
- ½ lb broccoli
- 1 oz salted cashews ⁴
- 2 (2½ oz) Chinese egg noodles ^{1,5}
- 2 oz tamari soy sauce ³
- ½ oz toasted sesame oil ²
- 10 oz pkg chicken breast strips

What you need

- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- neutral oil

Tools

- medium pot
- large skillet

Allergens

Egg (1), Sesame (2), Soy (3), Tree Nuts (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 22g, Carbs 92g, Protein 45g



1. Prep ingredients

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

Peel and finely chop **ginger**. Finely chop **2 teaspoons garlic**. Halve **onion**, then thinly slice through the root end. Cut **broccoli** into ½-inch florets, if necessary. Coarsely chop **cashews**.



4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate.



2. Cook noodles

Add **noodles** to boiling **water**. Cook, stirring occasionally to prevent clumping, until just tender, 4-5 minutes. Drain noodles. Reserve pot for step 6.



5. Stir-fry vegetables

Heat **1 tablespoon oil** in same skillet over medium-high. Add **onions, broccoli**, and **a pinch each of salt and pepper**. Cook, stirring, until crisp-tender and browned in spots, about 4 minutes. Add **chopped ginger and garlic** and cook, stirring, until fragrant, about 1 minute.



3. Make sauce

In a small bowl, combine **tamari, sesame oil, ¼ cup water, 2 tablespoons sugar**, and **1½ tablespoons vinegar**.



6. Finish & serve

Add **noodles, chicken**, and **sauce** to skillet with **veggies**. Toss over high heat until noodles and veggies are well coated and sauce is mostly absorbed, 2-3 minutes. Season to taste with **salt** and **pepper**.

Serve **lo mein** with **cashews** sprinkled over top. Enjoy!