

MARLEY SPOON



Fast! 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 Chinese egg 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

- 2 (2½ oz) Chinese egg noodles ^{1,4}
- 2 scallions
- 4 oz snow peas
- 10 oz pkg chicken breast strips
- ¼ oz cornstarch
- 3 oz stir-fry sauce ^{3,4}
- ½ oz toasted sesame oil ²
- 14 oz cabbage blend
- ½ oz tamari soy sauce ³
- ¼ oz pkt toasted sesame seeds ²

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- large saucepan
- medium nonstick skillet

Allergens

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

Nutrition per serving

Calories 830kcal, Fat 46g, Carbs 81g, Protein 39g



1. Cook noodles

Bring a large saucepan of **water** to a boil. Add **noodles**; cook, stirring occasionally, until al dente and noodles come apart, 4-5 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!