



Take-Out Style: Chicken Udon

with Broccoli, Scallions & Ginger



20-30min



2 Servings

Udon might just be the perfect noodle—it's thick, with a wonderful chew, and its texture is delightfully slippery. Here, the noodles are added to a stir-fry, with tender chunks of quick-cooking chicken breasts and crisp Chinese broccoli, all covered in a garlic, ginger, and tamari sauce. Go ahead and ditch the take-out menu—this is faster, fresher, and packed with flavor.

What we send

- 1 bunch scallions
- 1 oz fresh ginger
- garlic (use 1 large clove)
- ½ lb Chinese broccoli
- 12 oz pkg boneless, skinless chicken breasts
- 2 (½ oz) tamari in fish-shaped pods ⁶
- 7 oz pkg udon noodles ¹
- shichimi togarashi ¹¹

What you need

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

Tools

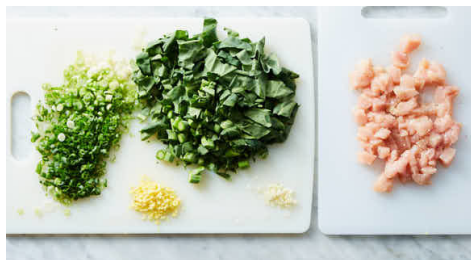
- large pot
- large skillet

Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 880kcal, Fat 36g, Carbs 88g, Protein 51g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Trim **scallions**, then thinly slice. Peel and finely chop **1 tablespoon ginger**. Finely chop **1 teaspoon garlic**. Cut **Chinese broccoli** crosswise into ½-inch pieces. Pat **chicken** dry, then cut into ½-inch pieces; season all over with **salt** and **pepper**.



4. Cook Chinese broccoli

Stir **chicken**, then add **Chinese broccoli** and **1 tablespoon oil** to skillet; season with **a pinch each of salt and pepper**. Cook over medium-high heat, stirring occasionally, until broccoli leaves are bright green, stems are crisp-tender, and chicken is cooked through, 2-3 minutes.



2. Make scallion dressing

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **ginger, garlic, and scallions**; cook, stirring, until garlic and ginger are fragrant and scallions are bright green, 2-3 minutes. Transfer to a medium bowl; stir in **all of the tamari, 1 tablespoon vinegar, and 1½ teaspoons sugar**. Reserve **2 tablespoons scallion dressing** in a small bowl for serving.



5. Cook udon noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, about 5 minutes. Reserve **¼ cup cooking water**, then drain noodles and rinse under warm water.



3. Brown chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook, without stirring, until golden-brown on the bottom, 2-3 minutes.



6. Finish & serve

Add **noodles, scallion dressing, and reserved cooking water** to skillet with **chicken and Chinese broccoli**. Cook over medium-high, tossing, until ingredients are incorporated and liquid is mostly absorbed. Serve **noodles** drizzled with **reserved scallion dressing**. Sprinkle with **some of the shichimi togarashi** (taste it first, it's spicy!), if desired. Enjoy!