



Take-Out Style: 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! This recipe is proof. Quick-cooking sliced chicken breast and crisp broccoli come together with udon 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 oz fresh ginger
- garlic
- 1 medium red onion
- ½ lb broccoli
- 1 oz salted cashews ¹⁵
- 7 oz udon noodles ¹
- 2 oz tamari soy sauce ⁶
- ½ oz toasted sesame oil ¹¹
- 12 oz boneless, skinless chicken breasts

What you need

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

Tools

- medium pot
- large skillet

Allergens

Wheat (1), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 860kcal, Fat 24g, Carbs 110g, Protein 60g



1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Peel and finely chop **ginger**. Finely chop **2 teaspoons garlic**. Halve **onion**, then thinly slice through the root end. Trim stem ends from **broccoli**, then cut crowns into ½-inch florets, if necessary. Coarsely chop **cashews**.



4. Cook chicken

Pat **chicken** dry, then thinly slice crosswise into strips (about ¼-inch wide). Heat **1 tablespoon neutral oil** in a large skillet over high until shimmering. Add chicken and cook, without stirring, until browned on one side, 2-3 minutes. Stir, then continue to cook until well browned and cooked through, about 1 minute more. Transfer chicken to a plate.



2. Cook udon noodles

Add **udon noodles** to boiling water. Cook, stirring occasionally to prevent clumping, until just tender, about 5 minutes. Drain, rinse noodles with cold water, and drain again.



5. Stir-fry vegetables

Heat **1 tablespoon neutral oil** in same skillet over medium-high. Add **onions** and **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 small bowl, combine **tamari**, **all of the sesame oil**, **¼ cup water**, **2 tablespoons sugar**, and **1½ tablespoons vinegar**.



6. Add noodles & serve

Add **noodles**, **chicken**, and **sauce** to skillet with **veggies**. Cook over high heat, tossing, 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 on top. Enjoy!