

DINNERLY



Low-Cal Chicken & Veggie Stir-Fry with Noodles



20-30min



2 Servings

Something this sticky, sweet and indulgent would be HIGH cal on a take-out menu, but our favorite day is opposite day, so we made it LOW cal! It's loaded with tender chicken, a shredded broccoli and carrot veggie mix, and savory stir-fry sauce. We've got you covered!

WHAT WE SEND

- 6 oz pkg spaghetti ¹
- 1 bunch scallions
- garlic
- ½ lb pkg chicken breast strips
- 1 pkt stir-fry sauce ^{1,6}
- 12 oz pkg broccoli coleslaw blend

WHAT YOU NEED

- kosher salt & ground pepper
- white wine vinegar (or red wine vinegar) ¹⁷
- neutral oil

TOOLS

- large pot
- medium skillet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 630kcal, Fat 19g, Carbs 82g, Proteins 42g



1. Cook noodles

Bring a large pot of **salted water** to a boil. Add **noodles** to boiling water and cook, stirring occasionally, until al dente, 8–10 minutes. Reserve **¼ cup cooking water**, then drain noodles, rinse under cold water, and drain well again.



2. Prep ingredients & sauce

Trim ends from **scallions**, then thinly slice about 4 tablespoons on an angle, keeping dark greens separate (save rest for own use, if necessary). Finely chop **1 teaspoon garlic**. Pat **chicken strips** dry; season with **a pinch each of salt and pepper**.

In a liquid measuring cup, whisk to combine **stir-fry sauce**, **reserved cooking water**, and **½ teaspoon vinegar**.



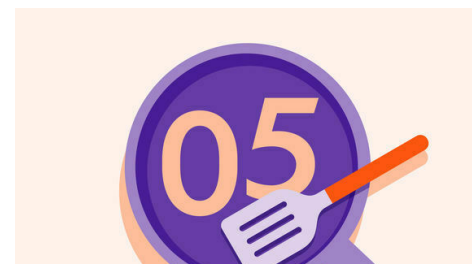
3. Sauté chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high until very hot and shimmering. Add **chicken** and cook, undisturbed, until browned on one side, about 2 minutes. Stir and continue cooking until cooked through, 1–2 minutes more. Transfer to a bowl; wipe out skillet.



4. Sauté coleslaw

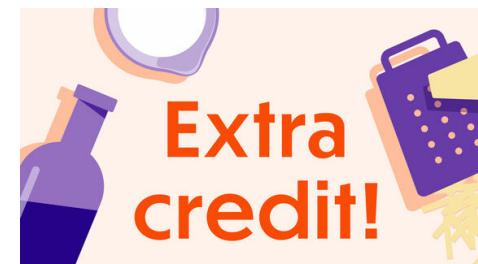
Heat **1 tablespoon oil** in same skillet over medium-high. Add **4 cups broccoli coleslaw blend**, **scallion whites** and **light greens**, **chopped garlic**, and **a pinch each of salt and pepper**. Cook, stirring, until coleslaw is wilted and slightly softened, about 1 minute. Transfer to bowl with **chicken**; return skillet to stove over medium heat.



5. Finish & serve

Add **noodles** and **sauce mixture** to skillet, tossing to coat. Cook until noodles are warmed through and evenly coated in sauce, about 2 minutes. Add **chicken and coleslaw** to skillet, tossing to combine. Season to taste with **salt and pepper**.

Serve **chicken and veggie stir-fry** topped with **scallion dark greens**. Enjoy!



6. Make it spicy!

Top it off with a sprinkle of your favorite hot sauce or red pepper flakes for some added heat.