



Ginger-Tamari Chicken & Veggies

with Noodles & Toasted Sesame Seeds



20-30min



2 Servings

Udon might just be the perfect noodle—it's thick, with a wonderful chew, and its texture is delightfully slippery. We use these noodles in a quick-to-make stir-fry complete with tender pieces of chicken, ginger-tamari sauce, and crisp sugar snap peas. Go ahead and ditch the take-out menu—this is faster, fresher, and packed with flavor.

What we send

- 12 oz boneless, skinless chicken breasts
- 2 oz sugar snap peas
- scallions
- 1 oz fresh ginger
- 7 oz udon noodles ¹
- 1 oz tamari sauce ⁶
- 1 pkt chicken broth concentrate
- 14 oz cabbage blend (use 2 c)
- ¼ oz pkt toasted sesame seeds ¹¹

What you need

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

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 740kcal, Fat 20g, Carbs 93g, Protein 54g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Pat **chicken** dry, then cut into ¼-inch thick strips. Trim ends from **snap peas**, then cut crosswise into 1-inch pieces. Trim **scallions**, then thinly slice about ¼ cup. Peel and finely chop **3 tablespoons ginger**.



4. Stir-fry vegetables

Heat **1 tablespoon oil** in same skillet over high. Add **snap peas**, **2 cups shredded cabbage**, and **a pinch each of salt and pepper** to skillet and cook, stirring, until crisp-tender and browned in spots, about 3 minutes.



2. Cook udon

Add **udon** to boiling water and cook, stirring occasionally, until almost al dente, about 7 minutes. Reserve **½ cup cooking water**, then drain pasta. Add **all of the tamari**, **chicken broth concentrate**, and **2 teaspoons each of vinegar and sugar** to **reserved cooking water**, whisking until sugar dissolves; reserve for step 5.



5. Make sauce

Add **tamari-broth mixture** to skillet with **vegetables**, stirring to combine.



3. Brown chicken

Season **chicken strips** with **a pinch each of salt and pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken to skillet and cook until opaque, about 3 minutes. Add **chopped ginger** and **half of the scallions** and cook, stirring, until aromatics are fragrant and chicken is cooked through, about 30 seconds. Transfer to a plate.



6. Finish & serve

Transfer **udon**, **chicken** and **any resting juices**, and **1¼ teaspoon sesame seeds** to skillet with **vegetables** and **sauce**. Cook, stirring, until sauce coats pasta, about 1 minute. Remove from heat; season to taste with **salt** and **pepper**. Serve garnished with **remaining scallions** and **sesame seeds**. Enjoy!