

# DINNERLY



## Plant Chicken Noodle Stir-Fry with Green Beans & Peanuts

 20-30min  2 Servings

What do you call a fake noodle? An impasta. But, we assure you that there is nothing fake about these thick, chewy noodles used frequently in Japanese cuisine because this stir-fry is 100% legit. We've got you covered!

### WHAT WE SEND

- 7 oz udon noodles <sup>1</sup>
- 1 oz fresh ginger
- 2 scallions
- ½ lb green beans
- 1 oz salted peanuts <sup>5</sup>
- 2 (½ oz) tamari soy sauce <sup>6</sup>
- 8 oz pkg plant-based chicken <sup>6</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- sugar
- red wine vinegar (or white wine vinegar)
- 2 large eggs <sup>3</sup>

### TOOLS

- medium pot
- medium nonstick skillet

### ALLERGENS

Wheat (1), Egg (3), Peanuts (5), Soy (6).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 860kcal, Fat 47g, Carbs 76g,  
Protein 43g



#### 1. Cook noodles

Bring a medium pot of **salted water** to a boil over high. Add **⅓ of the noodles** (save the rest and see step 6 for cooking ideas); cook, stirring occasionally to prevent sticking, until al dente, about 5 minutes. Drain noodles, then return to pot and toss with **1 teaspoon oil**. Cover to keep warm until Step 5.



#### 4. Fry eggs

Heat **1 tablespoon oil** in same skillet over medium. Crack **2 large eggs** into skillet and cook until yolks are set, and edges are crispy, 3–4 minutes.



#### 2. Prep ingredients & sauce

Peel and finely chop **½ teaspoon ginger**. Trim ends from **scallions**, then thinly slice on an angle; keep dark greens separate for garnishing. Trim ends from **green beans**, then cut in half crosswise. Coarsely chop **peanuts**.

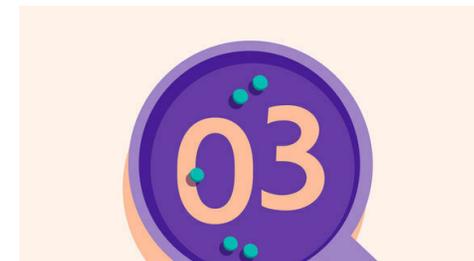
In a medium bowl, whisk to combine **all of the tamari, 2 tablespoons oil, ¼ cup water, 1 tablespoon sugar, 1 teaspoon vinegar, and a few grinds of pepper**.



#### 5. Finish & serve

To pot with **noodles**, add **green beans, plant chicken, and tamari sauce**; toss until combined and noodles are evenly coated in sauce.

Serve **stir-fry noodles, plant chicken, and green beans** topped with a **fried egg**. Garnish with **chopped peanuts and scallions dark greens**. Enjoy!



#### 3. Sauté chicken & beans

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **chopped ginger, plant chicken, and scallions**; cook, stirring, until fragrant, 30 seconds. Add **green beans and 1 tablespoon water**; cover and cook until they begin to soften, 1–2 minutes. Stir in **tamari sauce**; cook until green beans are fork-tender, 1 minute. Transfer to a medium bowl. Wipe out skillet.



#### 6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are **⅓ lower** when cooking with meal kits.