

DINNERLY



Saucy Mushroom & Plant Chicken Stroganoff

with Buttered Egg Noodles



20-30min



2 Servings

What's better than a plate of saucy, buttery egg noodles? Hmm, we can't really think of anything else right now. Plant chicken and savory mushrooms join forces in this super easy stroganoff that feels like a warm, comforting hug. We've got you covered!

WHAT WE SEND

- 1 red onion
- ½ lb mushrooms
- ¼ oz fresh parsley
- 8 oz pkg plant-based chicken ³
- ½ oz tamari soy sauce ³
- 6 oz egg noodles ^{4,1}
- 2 (1 oz) sour cream ²

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- all-purpose flour ¹
- butter ²

TOOLS

- large saucepan
- medium skillet

ALLERGENS

Wheat (1), Milk (2), Soy (3), Egg (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 850kcal, Fat 39g, Carbs 87g, Protein 41g



1. Prep ingredients

Bring a large saucepan of **salted water** to a boil.

Thinly slice **onion**. Trim ends from **mushrooms** and thinly slice caps. Finely chop **2 teaspoons garlic**.

Pick **parsley leaves** from **stems** and finely chop leaves (discard stems).



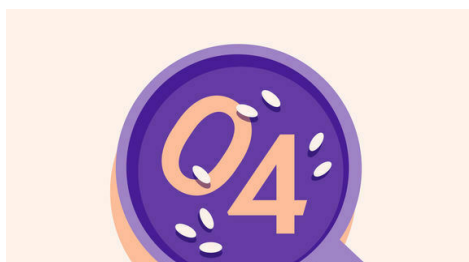
2. Cook veg & plant chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **onions and plant-based chicken** and cook until onions are slightly softened, about 5 minutes. Add **mushrooms, chopped garlic, and a pinch each of salt and pepper**; cook until mushrooms are tender and browned, about 5 minutes.



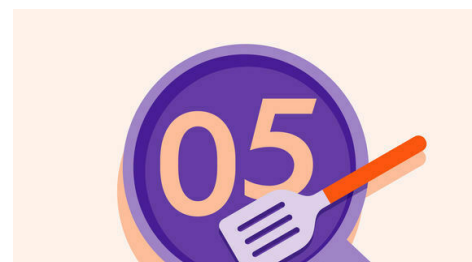
3. Build sauce

To same skillet, stir in **1 tablespoon flour** and cook until toasted, about 1 minute. Stir in **tamari** and **1 cup water**; bring to a boil over high, scraping up any browned bits from bottom of skillet. Reduce heat to medium and simmer until thickened, about 3 minutes.



4. Boil noodles

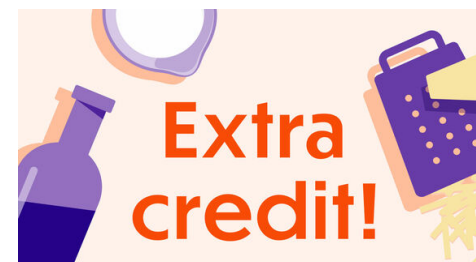
While **sauce** simmers, add **noodles** to saucepan with boiling **salted water** and cook, stirring, until tender, 5–6 minutes. Drain noodles, return to pot, and stir in **2 tablespoons butter**; season to taste with **salt and pepper**.



5. Finish & serve

Remove skillet from heat and stir in **all of the sour cream**; season to taste with **salt and pepper**.

Top **buttered egg noodles** with **plant chicken and mushroom stroganoff** and **chopped parsley**. Enjoy!



6. Did you know?

All of our sites in the US will be running on renewable energy in 2022.