

# DINNERLY



## Plant Chicken Lo Mein with Carrots & Scallions



30min



2 Servings

You can't be feeling low when you've got lo mein on your plate! A few simple ingredients prove that the sum is greater than its parts: plant-based chicken, thinly sliced carrots and scallions, and stir-fry sauce come together to make something magical. We've got you covered!

## WHAT WE SEND

- 2 scallions
- 1 carrot
- 5 oz ramen noodles <sup>1</sup>
- 3 oz stir-fry sauce <sup>2,1</sup>
- 8 oz pkg plant-based chicken <sup>2</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- white wine vinegar (or vinegar of your choice)

## TOOLS

- medium pot
- box grater
- medium nonstick skillet

## COOKING TIP

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## ALLERGENS

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

## NUTRITION PER SERVING

Calories 530kcal, Fat 9g, Carbs 80g, Protein 27g



### 1. Prep ingredients

Fill a medium pot with **salted water**; bring to a boil.

Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Scrub **carrot**, then coarsely grate on the large holes of a box grater.



### 2. Brown plant-based chicken

Pat **plant-based chicken** dry, break into bite-size pieces. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add plant-based chicken in a single layer and cook, undisturbed, until outer edges are browned, 4–5 minutes. Stir and continue cooking until warmed through, 1–2 minutes more.



### 3. Add veggies

Stir in **chopped garlic, carrots, and scallion whites and light greens**; season with **salt** and **pepper**. Cook, scraping up any browned bits from bottom of skillet, until carrots are slightly softened, 2–3 minutes. Remove from heat.



### 4. Cook noodles & prep sauce

Add **noodles** to pot with boiling **salted water**; cook, stirring occasionally to prevent sticking, until al dente, about 2 minutes. Drain, rinse with cold water, then drain again. Return to pot off heat.

Meanwhile, in a liquid measuring cup, whisk together **stir-fry sauce**, **½ cup hot tap water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



### 5. Finish & serve

Transfer **sauce** and **plant-based chicken and veggies** to pot with **noodles**. Cook over medium-high heat, tossing to combine, until warmed through, 2–3 minutes. Season to taste with **pepper**.

Serve **plant-based chicken lo mein** topped with **scallion dark greens**. Enjoy!



### 6. Add some crunch!

Sprinkled toasted sesame seeds or roasted cashews over top for a nutty finish.