

# DINNERLY



## Sweet & Sour Plant Chicken Noodle Stir-Fry

with Peppers & Snap Peas



20-30min



2 Servings

We hope you're hungry, because this plant chicken stir-fry is so slurpalicious you won't want to leave a single noodle behind. And yes, we did have to mix in a few veggies for #health, but trust us, our readymade sweet & sour sauce makes them irresistible. We've got you covered!

### WHAT WE SEND

- 1 bell pepper
- 4 oz snap peas
- 1 oz salted peanuts <sup>5</sup>
- 5 oz pad Thai noodles
- 8 oz pkg plant-based chicken <sup>6</sup>
- 2 (2 oz) sweet & sour sauce <sup>6</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil

### TOOLS

- medium saucepan
- medium nonstick skillet

### ALLERGENS

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

### NUTRITION PER SERVING

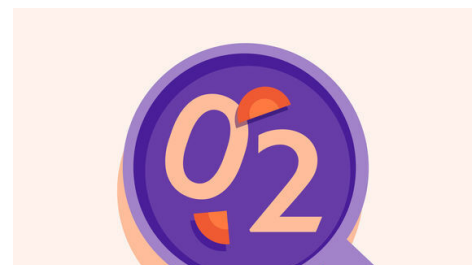
Calories 800kcal, Fat 35g, Carbs 94g, Protein 35g



#### 1. Prep plant chicken

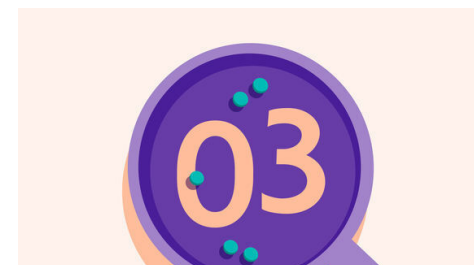
Bring a medium saucepan of **salted water** to a boil.

Pat **plant-based chicken** dry. Cut into 1-inch pieces, if necessary.



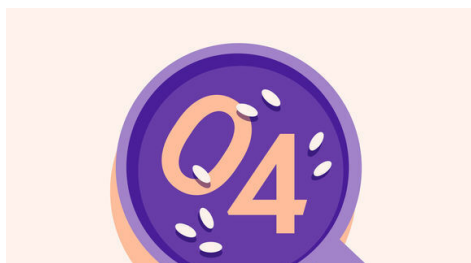
#### 2. Prep ingredients

Meanwhile, halve **bell pepper**, discard stem and seeds, and thinly slice into strips. Halve **snap peas**, if desired. Coarsely chop **peanuts**.



#### 3. Cook noodles

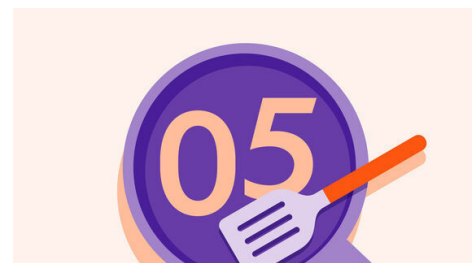
Add **noodles** to saucepan with boiling **salted water**; cook, stirring occasionally to prevent sticking, until al dente, 6–8 minutes. Drain noodles, then rinse under cold running water and toss with **1 teaspoon oil**. Set aside until step 5.



#### 4. PLANT CHICKEN VARIATION

Heat **3 tablespoons oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** and cook until crisp and browned, about 5 minutes per side. Transfer to a paper towel-lined plate.

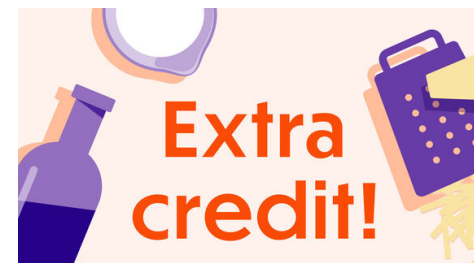
Add **snap peas** and **peppers** to same skillet; season with **a pinch each of salt and pepper**. Cook, stirring occasionally, until tender, 3–5 minutes. Reduce heat to medium.



#### 5. Finish & serve

Add **all of the sweet and sour sauce**; bring to a simmer. Add **noodles** and **plant-based chicken**; toss to coat until warmed through, 1–2 minutes. Season to taste with **salt and pepper**.

Serve **sweet and sour noodle stir-fry** with **peanuts** sprinkled over top. Enjoy!



#### 6. Eat your veggies!

Bulk up this dish by throwing in any veggies you have sitting around, like onions, broccoli, carrots, zucchini, or bean sprouts.