

DINNERLY



Plant-Based Chicken Broccoli Noodle Stir-Fry

with Toasted Sesame Seeds



ca. 20min



2 Servings

Plant-based chicken and broccoli? Check. Udon noodles? Check. Your appetite? Check. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 8 oz pkg plant-based chicken ¹
- ¼ oz granulated garlic
- 7 oz udon noodles ²
- 3 oz stir-fry sauce ^{1,2}
- ¼ oz pkt toasted sesame seeds ³

WHAT YOU NEED

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

TOOLS

- large saucepan
- medium nonstick skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 790kcal, Fat 28g, Carbs 103g, Protein 36g



1. Prep ingredients

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

Cut **broccoli** into 1-inch florets, if necessary.



2. PLANT CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add **plant-based chicken** in a single layer and cook, without stirring, until browned and crisp on the bottom, about 3 minutes. Flip and cook until browned, 1–2 minutes more. Transfer to a plate.



3. Cook broccoli

Heat **2 tablespoons oil** in same skillet. Add **broccoli** and cook, stirring occasionally, until just tender and browned in spots, about 5 minutes. Add **½ teaspoon granulated garlic**; cook, stirring occasionally, until fragrant, about 30 seconds. Remove from heat.



4. Cook noodles

While **broccoli** cooks, add **noodles** to saucepan with boiling **salted water**; cook until just al dente, 4–5 minutes. Drain and return to saucepan.



5. Assemble & serve

Heat saucepan with **noodles** over medium-high. Add **broccoli, plant chicken, and stir-fry sauce**. Cook, stirring occasionally, until broccoli and plant chicken are coated and sauce is reduced, 1–2 minutes. Remove from heat; stir in **2 teaspoons vinegar** and season to taste.

Serve **plant chicken and broccoli noodles** with **sesame seeds** over top. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.