

DINNERLY



Stir-Fried Egg Noodles with Carrots & Spinach



30min



2 Servings

Oh egg noodles, how do we love thee? Let us count the ways. You are unapologetically chewy, irresistibly slurpable, and absolutely heroic when it comes to weeknight stir-fry. Case in point: we cook the noodles until just tender, sauté with carrots, onions, and spinach, and toss with sweet-savory teriyaki. Did we mention the soft-boiled egg, with its protein boost and a swoon-worthy, yolky finish? We've got you covered!

WHAT WE SEND

- 3 oz carrots
- 1 red onion
- 2 oz teriyaki sauce ^{2,3}
- 2 (2½ oz) Chinese egg noodles ^{1,3}
- 5 oz baby spinach

WHAT YOU NEED

- kosher salt
- 2 large eggs ¹
- ketchup
- white wine vinegar (or red wine vinegar)
- neutral oil

TOOLS

- large pot
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

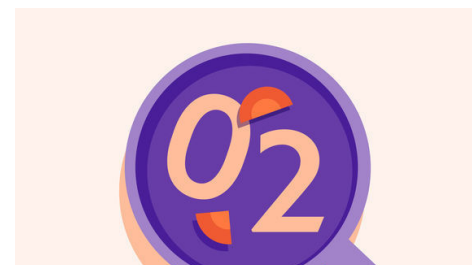
Calories 430kcal, Fat 12g, Carbs 76g, Protein 13g



1. Cook eggs

Bring a large pot of **water** to a boil. Carefully add **2 large eggs** and simmer over medium heat, 6 minutes. Using a slotted spoon, transfer eggs to a bowl of **ice water**. Reserve water in pot for step 3.

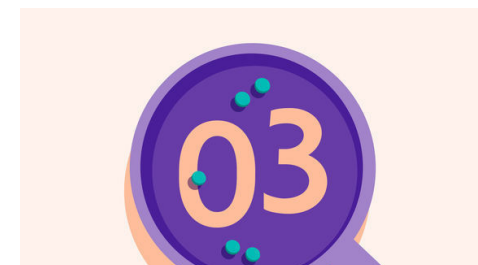
Once cool, remove shells and set eggs aside.



2. Prep ingredients & sauce

While **eggs** cook, scrub **carrot**, then cut on an angle into ⅛-inch thick slices. Cut **onion** into 1-inch pieces.

In a small bowl, whisk together **teriyaki sauce**, **¼ cup water**, **2 teaspoons ketchup**, and **1 teaspoon vinegar**; set aside.



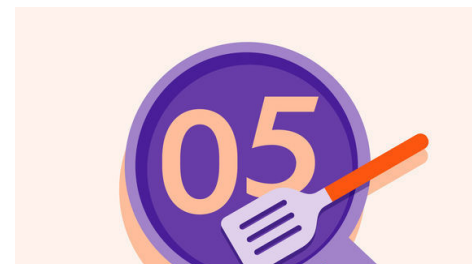
3. Cook noodles

Return pot with **water** to a boil. Add **noodles** and cook, stirring occasionally to prevent sticking, until al dente, 4–5 minutes. Reserve **¼ cup cooking water**, then drain and rinse with cold water. Reserve pot for step 5.



4. Sauté veggies

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and **carrots**. Cook, stirring, until fragrant, 1–2 minutes. Add **¼ cup water**; cover and reduce heat to medium. Cook until tender, about 4 minutes.



5. Finish & serve

Add **veggies**, **teriyaki sauce**, **noodles**, and **spinach** to reserved pot over medium heat. Cook, tossing, until spinach is slightly wilted, 1–2 minutes. If noodles seem dry, add **1 tablespoon cooking water** at a time, as needed.

Serve **stir-fried egg noodles** and **veggies** with **eggs** sliced in half over top. Enjoy!



6. Take it to the next level

Finish your noodles with a sprinkle of chopped peanuts or a drizzle of chili oil for an extra kick.