



Daring Plant-Based Chicken & Udon Stir-Fry

with Broccoli & Bell Peppers



20-30min



2 Servings

Udon is a type of wheat noodle commonly used in Japanese cuisine. The thickness and delightfully chewy texture of udon noodles make for the perfect stir-fry foundation, ready to soak up any sauce—in this case, savory garlic-sesame sauce. Here, we add in tender pieces of plant-based chicken and crisp veggies to our wheat noodles, and finish the plate with fresh scallions.

What we send

- garlic
- 8 oz pkg plant-based chicken ²
- 2 (½ oz) tamari soy sauce ²
- 7 oz udon noodles ³
- ½ lb broccoli
- 1 bell pepper
- 2 scallions
- ½ oz toasted sesame oil ¹
- ½ oz honey

What you need

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

Tools

- medium pot
- colander
- large nonstick skillet

Allergens

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

Nutrition per serving

Calories 760kcal, Fat 26g, Carbs 100g, Protein 37g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Marinate plant chicken

Bring a medium pot of **salted water** to a boil. Finely chop **2 teaspoons garlic**. Pat **plant-based chicken** dry; cut into 1-inch pieces, if necessary. In a medium bowl, whisk to combine **1 tablespoon tamari**, **1 teaspoon vinegar**, and **½ teaspoon each of the chopped garlic, and sugar**. Add plant-based chicken, tossing to coat in marinade. Set aside to marinate until step 4.



4. Brown plant chicken

Heat **1 tablespoon oil** in a large nonstick skillet over medium-high. Add **plant-based chicken and marinade** to skillet. Cook, stirring occasionally, until plant-based chicken is browned in spots and marinade is beginning to caramelize, 2–3 minutes (watch closely).



2. Cook noodles

Add **udon noodles** to boiling water and cook, stirring occasionally to prevent sticking, until just tender, 4–5 minutes. Drain noodles, rinse with cold water, and drain again. Set noodles aside until step 6.



5. Stir-fry vegetables

Add **broccoli, peppers**, and **1 tablespoon oil** to skillet with **plant-based chicken**. Stir-fry over medium-high heat until plant-based chicken is heated through and vegetables are browned in spots, 3–4 minutes. Season to taste with **salt** and **pepper**. Stir in **remaining chopped garlic** and **half of the scallions**; stir-fry until fragrant, about 30 seconds.



3. Prep veggies & sauce

Cut **broccoli** into 1-inch florets, if necessary. Halve **pepper**, discard stem and seeds, then cut into ½-inch pieces. Trim **scallions**, then thinly slice. In a medium bowl, stir to combine **sesame oil**, **honey**, and **remaining tamari**; reserve sauce for step 6.



6. Finish & serve

Add **noodles, sauce**, and **½ cup water** to skillet with **plant-based chicken and vegetables**. Cook, stirring constantly, until **noodles** are coated in **sauce**, 1–2 minutes. Remove from heat; season to taste with **salt** and **pepper**. Garnish with **remaining scallions**. Enjoy!