

DINNERLY



Teriyaki Chicken & Broccoli Noodles with Toasted Sesame Seeds



ca. 20min



2 Servings

Teriyaki? Check. Chicken and broccoli? Check. Chuka soba noodles? Check.
Your appetite? Check. We've got you covered!

WHAT WE SEND

- 4 oz broccoli
- garlic
- ½ lb pkg chicken breast strips
- 6 oz pkg chuka soba noodles¹
- 2 pkts teriyaki sauce^{1,6}
- ¼ oz pkt toasted sesame seeds¹¹

WHAT YOU NEED

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

TOOLS

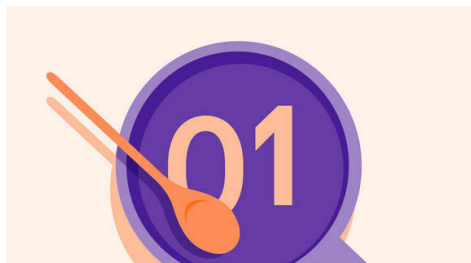
- large saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 730kcal, Fat 28g, Carbs 86g, Proteins 32g

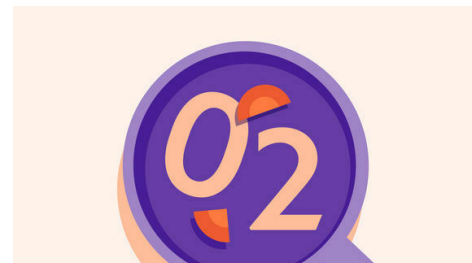


1. Prep ingredients

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

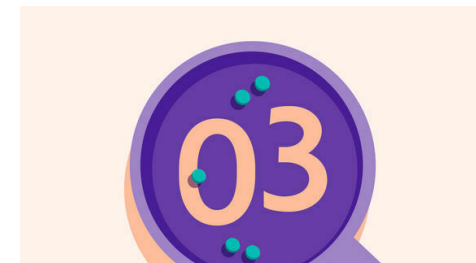
Trim end from **broccoli** and cut into 1-inch florets.

Finely chop 2 **teaspoons garlic**.



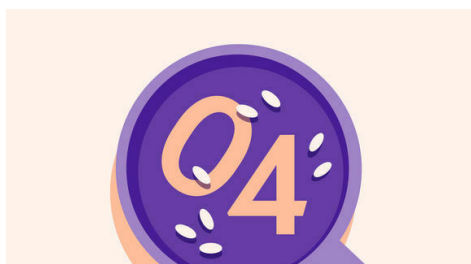
2. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat 1 **tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken and cook until browned and cooked through, flipping halfway through cooking time, 3–5 minutes. Transfer to a plate.



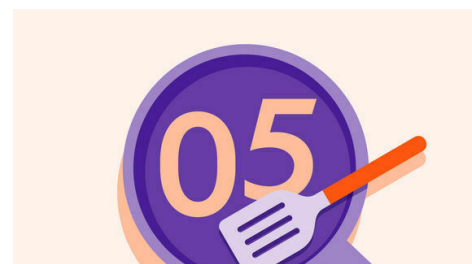
3. Cook broccoli

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



4. Cook noodles

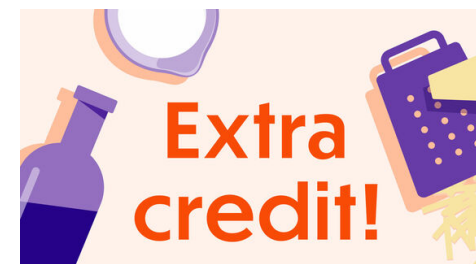
While **broccoli** cooks, add **noodles** to saucepan with boiling **salted water**; cook until just al dente, 4–6 minutes. Drain and return to saucepan.



5. Assemble & serve

Heat saucepan with **noodles** over medium-high. Add **broccoli**, **chicken**, **teriyaki**, and ¼ **cup water**. Cook, stirring occasionally, until broccoli and chicken are coated and sauce is reduced, 1–2 minutes. Remove from heat; stir in 2 **teaspoons vinegar** and season to taste with **salt** and **pepper**.

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



6. Spice it up!

Add some spice to this dish by drizzling on Sriracha or sprinkling it with red pepper flakes.