



Chicken Lo Mein

with Snap Peas & Scallions



20-30min



2 Servings

Tamari is a type of Japanese soy sauce that contains less wheat than regular soy sauce. Since it is made largely from fermented soy, it has a deeper flavor.

What we send

- boneless, skinless chicken breasts
- sugar snap peas
- scallions
- fresh ginger
- shredded cabbage blend
- chicken broth concentrate
- toasted sesame seeds

What you need

- apple cider vinegar
- kosher salt & ground pepper
- sugar

Tools

- colander
- large pot
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 22g, Carbs 104g, Proteins 52g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Pat **chicken** dry and pound to an even ½-inch thickness. Cut into ¼-inch thick strips. Trim ends from **snap peas**, then cut crosswise into 1-inch pieces. Trim ends from **scallions**, then thinly slice. Peel and finely chop **3 tablespoons ginger**.



4. Stir-fry vegetables

Heat **1 tablespoon oil** in same skillet over high. Add **snap peas, shredded cabbage**, and **a pinch each salt and pepper** to skillet and cook until crisp-tender and browned in spots, about 3 minutes.



2. Cook pasta

Add **pasta** to boiling water and cook, stirring occasionally, until almost al dente, 8-9 minutes. Reserve **½ cup pasta water**, then drain pasta well. Add **all of the tamari, chicken broth concentrate**, and **2 teaspoons each vinegar and sugar** to reserved pasta water; whisk until sugar dissolves. Reserve for step 5.



5. Build sauce

Add **tamari-broth mixture** to skillet with **vegetables**, stirring to combine.



3. Brown chicken

Season **chicken** with **a pinch each salt and pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Transfer chicken to skillet and cook until opaque, about 3 minutes. Add **ginger** and **half of the scallions** and cook until fragrant, about 30 seconds. Transfer to a plate.



6. Finish lo mein & serve

Transfer **pasta, chicken and any juices**, and **1¼ teaspoon of the sesame seeds** to skillet with **vegetables** and **sauce**. Cook, stirring, until sauce coats pasta, about 1 minute. Remove from heat and season to taste with **salt and pepper**. Serve **chicken lo mein** garnished with **remaining scallions and sesame seeds**. Enjoy!