



Stir-Fried Chicken & Bok Choy

with Soba Noodles



20-30min



4 Servings

Soba noodles, Japanese buckwheat noodles, are the star of this quick weeknight meal that puts take-out dinners to shame. A sweet and salty sauce made of tamari, rice vinegar, and pinch of sugar, soaks into every soba strand, and thinly sliced chicken takes only a few minutes to cook over high heat. Remember, jalapeños vary in heat, so taste yours first to see how spicy it is before adding to yo...

What we send

- jalapeño
- boneless, skinless chicken breasts
- rice vinegar
- cloves garlic
- fresh ginger
- baby bok choy
- yellow onion
- cornstarch
- soba noodles

What you need

- coarse salt
- sugar

Tools

- colander
- large nonstick skillet
- large pot

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 711.0kcal, Fat 21.0g, Proteins 54.1g, Carbs 69.3g



1. Prep ingredients

Bring a large pot of **salted water** to a boil. Separate leaves from **bok choy** and rinse well. Slice ½-inch thick on a diagonal. Peel and finely chop **ginger**. Finely chop **garlic**. Thinly slice **jalapeño**, removing seeds for less heat. Halve and peel **onion** and cut into wedges. In a small bowl, combine **tamari**, **vinegar**, 2 teaspoons **sugar**, and 3 tablespoons **water**.



4. Stir-fry chicken

Move **onion**, **garlic**, and **ginger** to the side of the skillet to make room for the **chicken**. Add chicken and cook, stirring occasionally, until lightly browned and just cooked through, 5-7 minutes. Transfer all to a plate.



2. Prep chicken

Thinly slice **chicken** crosswise. Place in a medium bowl, season with ½ teaspoon **salt**, and toss with **cornstarch** until coated.



5. Cook soba noodles

Meanwhile, add **soba noodles** to boiling water and cook until tender, about 4 minutes. Drain and rinse with cold water.



3. Stir-fry aromatics

Heat 2 tablespoons **oil** in a large nonstick skillet over medium-high. Add **onion** and cook, stirring, until slightly softened and golden, about 4 minutes. Add **garlic**, **ginger**, and 2 tablespoons **oil** and cook, stirring, until fragrant, about 1 minute.



6. Finish

Add **bok choy** and ½ **jalapeño** (use less for less heat) to the same skillet and cook, stirring, until bok choy is slightly wilted, about 1 minute. Add **chicken** and **tamari mixture** and cook, stirring, until sauce thickens slightly, about 2 minutes. Add **noodles** and toss to combine. Divide between two plates and top with **remaining jalapeño**, if desired. Enjoy!