

Sesame Chicken Stir-Fry

with Soba Noodles & Cauliflower

This recipe puts a gourmet spin on a Chinese takeout classic. We're making our sesame chicken stir-fry with an authentic, flavorful sauce of sesame oil, rice vinegar and soy glaze. And for a unique addition, we're serving it with Japanese soba (or buckwheat) noodles, which are wonderfully nutty in flavor. For seasonal flair, we're also mixing in cauliflower—a vegetable with deep roots in Asian cuisines. Its deliciously earthy flavor elevates the dish to new heights.



Ingredients

- 4 Boneless, Skinless Chicken Cutlets
- ½ Pound Soba Noodles
- 3 Cloves Garlic
- 3 Scallions
- 1 Head Cauliflower

Knick Knacks

- 2 Tablespoons Rice Vinegar
- 2 Tablespoons Black & White Sesame Seeds
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- ½ Cup Cornstarch
- ⅓ Cup Soy Glaze

Makes 4 Servings

About 560 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Cut out and discard the cauliflower core; cut the head into small florets. Peel and mince the garlic and ginger. Cut off and discard the root ends of the scallions; thinly slice the scallions, separating the white bottoms and green tops. Pat the chicken cutlets dry with paper towels; chop into bite-sized pieces and place in a large bowl. Thoroughly wash your hands, knife and cutting board after handling the chicken.

2



Cook the noodles:

Add the **noodles** to the pot of boiling water. Cook, stirring occasionally, 3 to 5 minutes, or until tender. Drain thoroughly and rinse under warm water to prevent sticking.

3



Cook the cauliflower:

While the noodles cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of oil on medium-high until hot. Add the **cauliflower**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until browned and tender. Transfer to a plate. Wipe out the pan.

4



Coat & cook the chicken:

Season the **chopped chicken** with salt and pepper. Add the **cornstarch** to the bowl of seasoned chicken; toss to thoroughly coat. In the pan used to cook the cauliflower, heat a thin layer of oil on medium-high until hot. Add the coated chicken (shaking off any excess cornstarch) in a single layer. Cook, turning occasionally, 5 to 7 minutes, or until browned on all sides and cooked through. Add the **garlic, ginger and white bottoms of the scallions**. Cook, stirring frequently, 1 to 2 minutes, or until fragrant.

5



Finish the stir-fry:

To the pan of chicken, add the **cooked noodles** (rinsing under warm water again before adding), **cooked cauliflower, soy glaze, vinegar, sesame oil, half the sesame seeds and 2 tablespoons of water**. Cook, stirring frequently, 2 to 4 minutes, or until the chicken and noodles are thoroughly coated. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Divide the **finished stir-fry** between 4 dishes. Garnish with the **green tops of the scallions and remaining sesame seeds**. Enjoy!