

# Seared Chicken & Miso Udon Noodles

*with Sautéed Sugar Snap Peas & Pea Tips*

Chefs, tonight you'll be making our take on "yakiudon," a Japanese stir-fried noodle dish. It combines udon—a pleasantly chewy noodle—with a variety of savory ingredients in a delicious soy-based sauce. Udon noodles are great for stir-frying: thanks to their thickness, they'll stay intact during cooking. Here, they soak up the deep, umami-rich flavors of miso, sesame and soy, contrasting wonderfully with refreshing spring pea tips and crunchy snap peas to make a hearty base for juicy, pan-seared chicken.

## Blue Apron Wine Pairings

Asilomar Trail Riesling, 2014

Le P'tit Paysan Chardonnay, 2015



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 1 Pound Fresh Udon Noodles
- 6 Ounces Sugar Snap Peas
- 2 Ounces Pea Tips
- 2 Scallions

## Knick Knacks

- 3 Tablespoons White Miso Paste
- 1 1-Inch Piece Ginger
- 1 Tablespoon Sesame Oil
- ¼ Cup All-Purpose Flour
- ¼ Cup Soy Glaze

**Makes:** 4 servings | **Calories:** about 650 per serving

**Prep Time:** 15 minutes | **Cook Time:** 20–30 minutes

1



### Prepare the ingredients:

Wash and dry the fresh produce. Peel and finely chop the ginger. Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod. Cut the snap peas in half on an angle. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Roughly chop the pea tips. In a bowl, combine the **miso paste, sesame oil, soy glaze** and **¼ cup of water**; whisk until smooth.

2



### Coat & cook the chicken:

Place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the coated chicken and cook 4 to 6 minutes per side, or until golden brown and cooked through. Transfer to a cutting board, leaving any browned bits (or fond) in the pan.

3



### Cook the snap peas:

Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **ginger, snap peas** and **white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until fragrant and the snap peas are bright green. Add **2 tablespoons of water**; cook, stirring frequently and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until the water has cooked off.

4



### Add the noodles:

To the pan of snap peas, add the **noodles** (carefully separating with your hands before adding), **pea tips** and **miso-soy mixture**. Cook, stirring frequently, 2 to 3 minutes, or until thoroughly combined and the pea tips have wilted. Remove from heat and season with salt and pepper to taste.

5



### Plate your dish:

Cut the **cooked chicken** in half crosswise. Divide the **cooked noodles and vegetables** and halved chicken between 4 dishes. Garnish with the **green tops of the scallions**. Enjoy!