

Summer Chicken Ramen

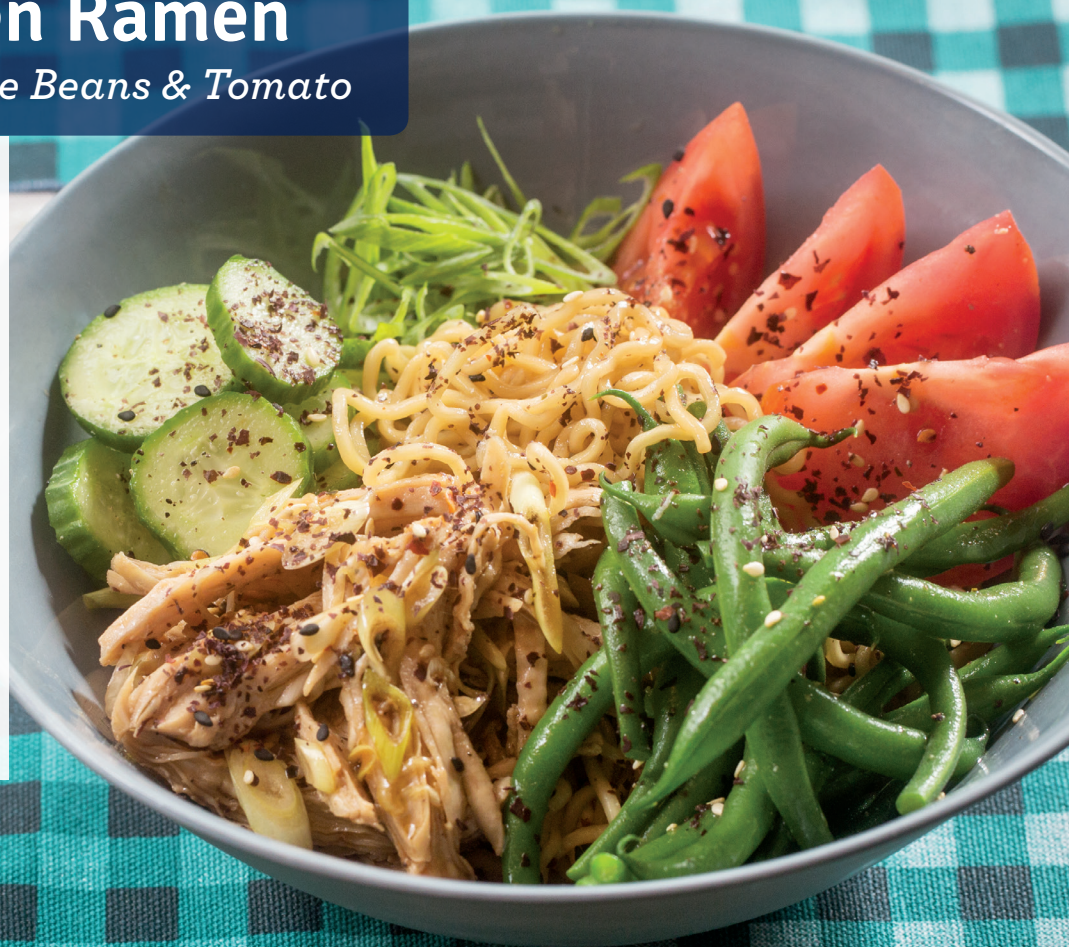
with Fresh Noodles, Purple Beans & Tomato

Chefs, a big bowl of ramen hits the spot in any season—so for tonight's summery dinner, we're digging into a chilled variation on the classic, known in Japanese as "hiyashi chuka." Our crisp, seasonal toppings include tomato and purple beans (which will turn bright green once you blanch them!), perfect counterpoints to the tender noodles. For extra-succulent results, we're cooking our chicken with a little water before dressing it with soy sauce and zesty furikake.



Blue Apron Wine Pairing

Belle Fontaine Côtes de Provence Rosé, 2015



Ingredients

2 Boneless, Skinless Chicken Breasts
½ Pound Fresh Ramen Noodles
4 Ounces Purple Beans
2 Scallions
1 Persian Cucumber
1 Tomato

Knick Knacks

1 Tablespoon Sesame Oil
1 Tablespoon Sugar
1 Teaspoon Furikake
¼ Cup Rice Vinegar
¼ Cup Soy Sauce

Makes: 2 servings | **Calories:** about 600 per serving
Prep Time: 15 minutes | **Cook Time:** 15–25 minutes



For cooking tips & tablet view, visit blueapron.com/recipes/945

Recipe #945

Instructions

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1



Prepare the ingredients & make the dressing:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Snap off and discard the stem ends of the beans. Cut off and discard the root ends of the scallions; thinly slice on an angle, separating the white bottoms and green tops. Slice the tomato into wedges. To make the dressing, in a bowl, combine the **sugar, sesame oil, ¾ of the vinegar, half the soy sauce** and **1 tablespoon of water**; stir until the sugar has dissolved. Slice the cucumber into ¼-inch-thick rounds; transfer to a bowl and toss with **half the remaining vinegar**.

2



Cook the chicken:

Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 5 minutes on the first side, or until lightly browned. Flip the chicken and add ½ **cup of water** to the pan. Cook 4 to 6 minutes, or until the chicken is cooked through and the water has cooked off. Transfer to a cutting board and set aside to cool.

3



Blanch the beans:

While the chicken cooks, fill a large bowl with ice water and set aside. Add the **beans** to the pot of boiling water and cook 3 to 4 minutes, or until slightly softened. Using a slotted spoon, carefully transfer the cooked beans to the bowl of ice water, leaving the pot of water boiling. Let the beans stand until completely cool. Drain thoroughly and pat dry with paper towels.

4



Shred & coat the chicken:

Using 2 forks, shred the **cooked chicken** into large pieces. In a medium bowl, combine the shredded chicken, **white bottoms of the scallions, remaining soy sauce, remaining vinegar** and **half the furikake**; season with salt and pepper to taste. Drizzle with olive oil and toss to coat.

5



Cook the noodles:

Add the **noodles** to the pot of boiling water used to cook the beans, stirring gently to separate. Cook 2 to 3 minutes, or until tender. Drain thoroughly and rinse under cold water for 20 to 30 seconds to stop the cooking process. Divide between 2 bowls.

6



Dress the noodles & plate your dish:

Season the **tomato** and **blanched beans** with salt and pepper to taste. Top the bowls of **cooked noodles** with the **dressing, coated chicken, marinated cucumber** and seasoned tomato and beans. Garnish with the **green tops of the scallions** and **remaining furikake**. Enjoy!