

Chicken Hiyashi Chuka

with Cucumber, Summer Beans & Corn

When summer temperatures are on the rise, easy, cooling dinners are always in demand. In this recipe, we're preparing a Japanese warm-weather classic: chicken "hiyashi chuka," a brothless ramen dish that's traditionally served cold. To give our chicken plenty of succulence, we're adding a bit of water to the pan as it cooks—and tossing it with a delicious soy dressing. Fresh, sweet corn, tomato, marinated cucumber and vibrant summer beans (yours may be green or purple!) add plenty of bright color and flavor to our bowls.

Blue Apron Wine Pairings

Arco di Traiano Falanghina, 2014

Tierra Alta Vineyards Grenache Blanc, 2014



Ingredients

4 Boneless, Skinless Chicken Breasts
1 Pound Fresh Ramen Noodles
2 Scallions
1 Cucumber
1 Ear of Corn
1 Tomato
½ Pound Summer Beans

Knick Knacks

2 Tablespoons Sugar
2 Teaspoons Black & White Sesame Seeds
1 Tablespoon Sesame Oil
½ Cup Soy Sauce
¼ Cup Rice Vinegar

Makes: 4 servings | **Calories:** about 510 per serving

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp327

1



Cook the chicken:

Pat the **chicken** dry with paper towels; lightly season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken; cook 2 to 3 minutes on the first side, or until lightly browned. Flip and add **½ cup of water** to the pan. Cook 10 to 12 minutes, or until the chicken is cooked through and the water has cooked off. Transfer to a cutting board.

2



Prepare the ingredients:

While the chicken cooks, wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Halve the cucumber lengthwise; cut crosswise into ¼-inch-thick pieces. Place the cucumber in a bowl with **¼ of the vinegar**; toss to coat and season with salt and pepper to taste. Snap off and discard the stem ends of the beans; cut in half on an angle. Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops. Core the tomato, quarter lengthwise, then cut crosswise into ½-inch-thick pieces. Remove and discard the corn husks and silks. Cut the corn kernels off the cob; discard the cob.

3



Blanch the beans:

Add the **beans** to the pot of boiling water. Cook 3 to 5 minutes, or until slightly softened. Drain thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Refill the pot with salted water and heat to boiling on high.

4



Dress the chicken & make the sauce:

When cool enough to handle, chop the **cooked chicken** into bite-sized pieces. In a medium bowl, combine the chopped chicken, **white bottoms of the scallions**, **half the soy sauce** and **½ of the remaining vinegar**; toss to coat. Set aside. In a small bowl, combine the **sugar**, **sesame oil**, **remaining vinegar**, **remaining soy sauce** and **1½ tablespoons of water**; stir until the sugar has dissolved.

5



Cook the noodles:

Add the **noodles** to the pot of boiling water, stirring gently to separate. Cook 2 to 3 minutes, or until tender. Drain thoroughly and rinse under cold water until the noodles are cool. Divide between 4 bowls.

6



Finish & plate your dish:

Season the **tomato** with salt and pepper. Divide the **sauce** between the bowls of **cooked noodles**; toss to coat. Top with the **dressed chicken** (including any remaining dressing), **blanched beans**, **corn**, **marinated cucumber** and seasoned tomato. Garnish with the **green tops of the scallions** and **sesame seeds**. Enjoy!