

# Soy-Glazed Chicken

*with Soba Noodles,  
Broccoli & Cashews*

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Tonight's dish is inspired by the comforting flavors of Asian takeout. We're glazing our chicken with a sweet and savory soy-based sauce, accented by a bit of nutty sesame oil. For a delectable base, soba noodles—a Japanese variety made from buckwheat—are tossed with tender roasted broccoli, ginger-sautéed cabbage and citrusy ponzu sauce.



#### BLUE APRON WINE PAIRING:

DeSante "L'Atelier" White  
Wine, 2016

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## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



6 oz  
SOBA NOODLES



1 lb  
BROCCOLI



1/2 lb  
NAPA CABBAGE

#### KNICK KNACKS:



1 1/2 Tbsp  
ROASTED  
CASHEWS



1 Tbsp  
SESAME OIL



1/4 cup  
SOY GLAZE



1 1-inch piece  
GINGER



1/4 cup  
PONZU SAUCE



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Heat a large pot of water to boiling on high.
- ☐ Cut the broccoli into small florets.
- ☐ Peel and mince the ginger.
- ☐ Cut out and discard the cabbage core; thinly slice the leaves crosswise.
- ☐ Roughly chop the cashews.

## 2 Roast the broccoli:

- ☐ Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast, stirring halfway through, 16 to 18 minutes, or until browned and tender when pierced with a fork. Remove from the oven and set aside in a warm place.



## 3 Cook the cabbage:

- ☐ While the broccoli roasts, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **ginger** and **cabbage**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the cabbage has wilted. Transfer to a bowl. Season with salt and pepper to taste. Set aside in a warm place. Wipe out the pan.

## 4 Cook & glaze the chicken:

- ☐ While the broccoli continues to roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook 5 to 7 minutes per side, or until browned and cooked through.
- ☐ Add the **soy glaze** and **¼ cup of water** (be careful, as the liquid may splatter); cook, occasionally spooning the liquid over the chicken, 1 to 2 minutes, or until thoroughly coated.
- ☐ Turn off the heat and stir in **half the sesame oil**.



## 5 Cook the noodles:

- ☐ Once the chicken has cooked for about 5 minutes, to the pot of boiling water, add the **noodles** and a **pinch of salt**. Cook 3 to 4 minutes, or until tender. Turn off the heat. Drain thoroughly and rinse under warm water for 30 seconds to 1 minute to prevent sticking. Return to the pot.



## 6 Finish the noodles & serve your dish:

- ☐ To the pot of **cooked noodles**, add the **roasted broccoli**, **cooked cabbage**, **ponzu sauce** and **remaining sesame oil**; stir to thoroughly combine. Season with salt and pepper to taste.
- ☐ Divide the finished noodles between 4 dishes. Top with the **glazed chicken and sauce**. Garnish with the **cashews**. Enjoy!