# Soy-Glazed Chicken

with Soba Noodles, Broccoli & Cashews

PREP TIME: 15 minutes
COOK TIME: 20-30 minutes

**SERVINGS: 4** 

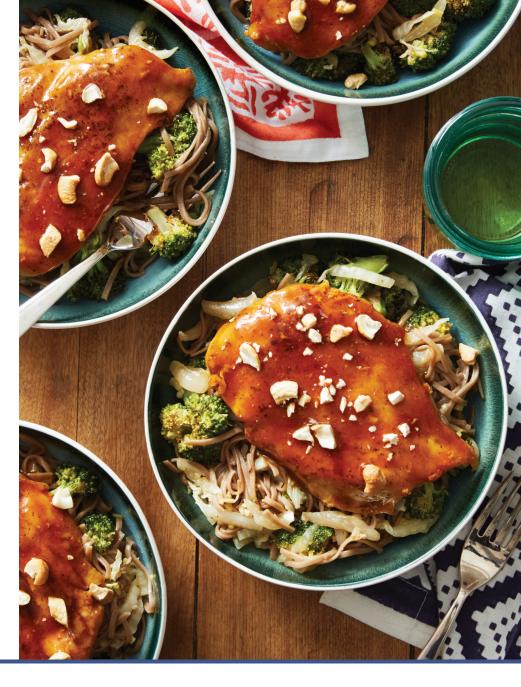
Tonight's dish is inspired by the comforting flavors of Asian takeout. We're glazing our chicken with a sweet and savory soy-based sauce, accented by a bit of nutty sesame oil. For a delectable base, soba noodles—a Japanese variety made from buckwheat—are tossed with tender roasted broccoli, ginger-sautéed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



#### BLUE APRON WINE PAIRING:

DeSante "L'Atelier" White Wine, 2016

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## **Ingredients**



BONELESS, SKINLESS CHICKEN BREASTS



1 lb BROCCOLI



6 oz SOBA NOODLES



¹∕2 lb NAPA CABBAGE

#### KNICK KNACKS:



1 ½ Tbsp ROASTED CASHEWS



1 Tbsp SESAME OIL



1/4 cup SOY GLAZE



1 1-inch piece GINGER



1/4 cup PONZU SAUCE















1	Prepa	re the	inare	dients
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- ☐ 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!