

# Glazed Chicken & Peanut Noodles

with Cabbage & Green Beans

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



The star of this dish is the umami-rich blend of soy sauce, creamy peanut butter spread, and sesame oil that we're tossing together with tender lo mein and verdant veggies.

## Ingredients

- |   |   |
|---|---|
|  4 Boneless, Skinless Chicken Breasts |  2 Tbsps Smooth Peanut Butter Spread |
|  1 lb Fresh Lo Mein Noodles*          |  2 Tbsps Soy Sauce                   |
|  6 oz Green Beans                     |  1 Tbsp Rice Vinegar                 |
|  ½ lb Green Cabbage                   |  2 tsps Honey                        |
|  1 Tbsp Sesame Oil                    |  2 Tbsps Vegetarian Ponzu Sauce      |
|  ¼ cup Hoisin Sauce                   |  1 Tbsp Togarashi Seasoning**        |
|  1 Tbsp Sambal Oelek                  |   |



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
[blueapron.com/wine](https://blueapron.com/wine)

\*previously frozen

\*\*Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



### 1 Prepare the ingredients & make the peanut sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven, then preheat to 450°F.
- Fill a large pot  $\frac{3}{4}$  of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; medium dice the leaves.
- Cut off and discard any stem ends from the **green beans**; halve crosswise.
- In a bowl, whisk together the **sesame oil**, **soy sauce**, **ponzu sauce**, **peanut butter spread**, and **2 teaspoons of warm water**.



### 2 Roast the chicken & cabbage

- In a bowl, whisk together the **hoisin sauce**, **vinegar**, **honey** (kneading the packet before opening), **1 tablespoon of warm water**, and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Taste, then season with salt and pepper if desired.
- Transfer **half the glaze** to a bowl and set aside.
- Line a sheet pan with foil.
- Transfer the **diced cabbage** to the foil. Drizzle with **olive oil**. Toss to coat and arrange in an even layer on one side of the sheet pan.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Transfer to the other side of the sheet pan. Evenly coat with the **remaining glaze**.
- Roast 20 to 22 minutes, or until the cabbage is lightly browned and the chicken is cooked through.\* Remove from the oven.
- Carefully transfer the **roasted chicken** to a cutting board.



### 3 Cook the green beans & noodles

- Once the chicken and cabbage have roasted about 15 minutes, add the **halved green beans** to the pot of boiling water. Cook 2 minutes.
- Add the **noodles** to the pot, stirring gently to separate. Continue to cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under warm water 30 seconds to 1 minute to prevent sticking.
- Return to the pot.



### 4 Finish & serve your dish

- To the pot of **cooked green beans and noodles**, add the **roasted cabbage** and **peanut sauce**; stir to thoroughly combine. Taste, then season with salt and pepper if desired.
- Slice the **roasted chicken** crosswise.
- Serve the **finished noodles** topped with the **sliced chicken** and **reserved glaze**. Garnish with the **togarashi**. Enjoy!



\*An instant-read thermometer should register 165°F.

#### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 710, Total Carbohydrates: 86g, Dietary Fiber: 6g, Added Sugars: 13g, Total Fat: 15g, Saturated Fat: 2.5g, Protein: 55g, Sodium: 2130mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC  
New York, NY 10005

