

One-Pot Chicken & Udon Noodles

with Soy-Miso Sauce

4 SERVINGS

⌚ 20-30 MINS

 Blue Apron

blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you.*

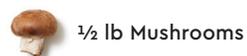


Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients



18 oz Chopped Chicken Breast 



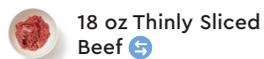
1/2 lb Mushrooms



1/3 cup Soy-Miso Sauce



1/3 cup Asian-Style Sautéed Aromatics



18 oz Thinly Sliced Beef 



1 lb Red Cabbage



1 Tbsp Sambal Oelek



1 tsp Black & White Sesame Seeds



1 lb Fresh Udon Noodles¹



2 oz Sliced Roasted Red Peppers



1 Tbsp Sesame Oil

1. previously frozen

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the sauce

- Remove the **noodles** from the refrigerator to bring to room temperature.
- Wash and dry the fresh produce.
- Thinly slice the **mushrooms**.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Roughly chop the **peppers**.
- Using your hands, carefully separate the **noodles**.
- In a bowl, combine the **soy-miso sauce**, $\frac{1}{2}$ cup of 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.



2 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pot, heat the **sesame oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pot, transfer to a plate.



↩️ CUSTOMIZED STEP 2 *If you chose Beef*

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pot, heat the **sesame oil** on medium-high until hot.
- Add the seasoned beef in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Continue to cook, stirring frequently, 1 to 2 minutes, or until browned and just cooked through.
- Leaving any browned bits (or fond) in the pot, transfer to a plate.

3 Cook the vegetables

- In the pot of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **sliced mushrooms** in an even layer. Cook, without stirring, 3 to 4 minutes, or until browned.
- Add the **sliced cabbage**, **sautéed aromatics**, and **chopped peppers**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until combined and softened.



4 Finish & serve your dish

- To the pot, add the **noodles**, **sauce** (carefully, as the liquid may splatter), and **cooked chicken**. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined and the noodles are heated through.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** garnished with the **sesame seeds**. Enjoy!



↩️ CUSTOMIZED STEP 4 *If you chose Beef*

- Finish and serve your dish as directed, using the **cooked beef** (instead of chicken).

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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