

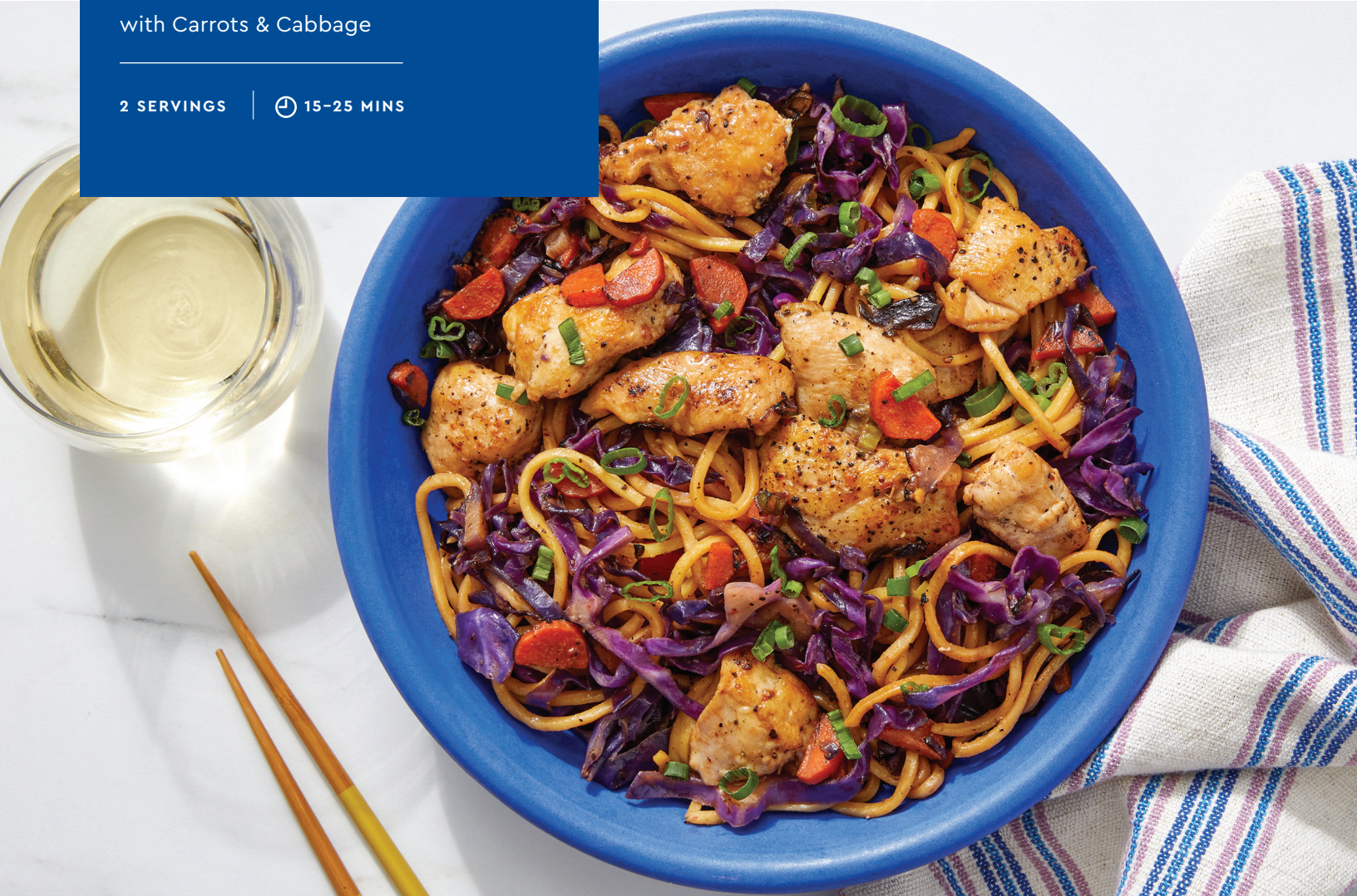
Sambal-Peanut Chicken Noodles

with Carrots & Cabbage

2 SERVINGS

15-25 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 ) and instructions tailored to you.*

Ingredients

Customized ingredients



10 oz Chopped Chicken Breast 

SWAPPED FOR:



10 oz Thinly Sliced Beef 



2 Tbsps Soy Sauce



1 Tbsp Sesame Oil



½ lb Fresh Lo Mein Noodles¹



6 oz Carrots



1 Tbsp Sambal Oelek



1 Tbsp Rice Vinegar



½ lb Red Cabbage



2 Scallions



2 Tbsps Smooth Peanut Butter Spread



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

Cook along on the app



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¹ previously frozen

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & make the sauce

- Fill a medium pot $\frac{3}{4}$ of the way up with water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **peanut butter spread, sesame oil, soy sauce, vinegar, $\frac{1}{4}$ 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.



2 Cook the noodles

- Add the **noodles** to the pot of boiling water, stirring gently to separate. 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.



3 Brown the chicken & carrots

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned chicken** and **sliced carrots** in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned.



CUSTOMIZED STEP 3 If you chose Beef

- Separate the **beef**; pat dry with paper towels. Season with salt and pepper.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **seasoned beef** and **sliced carrots** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned.

4 Finish & serve your dish

- Add the **sliced cabbage** and **sliced white bottoms of the scallions** to the pan of **browned chicken and carrots**. Cook, stirring occasionally, 2 to 4 minutes, or until the vegetables are softened and the chicken is browned and cooked through.
- Add the **cooked noodles** and **sauce** (carefully, as the liquid may splatter). Cook, stirring constantly, 1 to 2 minutes, or until the noodles are coated and the sauce is slightly thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Serve the **finished noodles** garnished with the **sliced green tops of the scallions**. Enjoy!



CUSTOMIZED STEP 4 If you chose Beef

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