

Stir-Fried Chicken & Noodles

with Bell Pepper, Carrots & Cabbage

4 SERVINGS

25-35 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.*

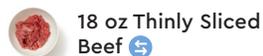
 Serve with Blue Apron wine that has this symbol blueapron.com/wine

Ingredients

Customized ingredients



SWAPPED FOR:



Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

¹ previously frozen

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the sauce

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Cut out and discard the core of the **cabbage**; thinly slice the leaves.
- Peel the **carrots** and thinly slice on an angle.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then thinly slice crosswise.
- In a bowl, combine the **soy glaze**, **black bean sauce**, **sweet chili sauce**, **vinegar**, **1 tablespoon 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 chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In a large, high-sided pan (or pot), heat a drizzle of **olive 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 frequently, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, 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, high-sided pan (or pot), heat a drizzle of **olive 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, 2 to 3 minutes, or until browned and just cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

3 Cook the vegetables

- In the pan of reserved fond, heat the **sautéed aromatics** (carefully, as the liquid may splatter) on medium-high until hot.
- Add the **sliced cabbage**, **sliced carrots**, and **sliced pepper**; season with salt and pepper. Cook, stirring frequently, 4 to 5 minutes, or until softened.
- Turn off the heat.



4 Cook the noodles & serve your dish

- Meanwhile, 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 return to the pot.
- Add the **cooked chicken**, and **cooked vegetables**, and **sauce** to the pot of **cooked noodles**. Stir to thoroughly combine. 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*

- Cook the noodles 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.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

