

One-Pot Chicken & Udon Noodles

with Soy-Miso Sauce

🕒 20-30 MINS | 4 SERVINGS

When tossed together with our dynamic soy-based sauce, delightfully chewy udon noodles pair seamlessly with tender chicken and sautéed mushrooms and bok choy. It's all complete with a garnish of crunchy sesame seeds.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



Ingredients



1 1/8 lbs
CHOPPED
CHICKEN BREAST



15 oz
BABY BOK CHOY



1/3 cup
ASIAN-STYLE
SAUTÉED
AROMATICS



1 Tbsp
SESAME OIL



1 tsp
BLACK & WHITE
SESAME SEEDS



1 lb
FRESH UDON
NOODLES*



1/2 lb
CREMINI
MUSHROOMS



1/3 cup
SOY-MISO SAUCE



1 Tbsp
SAMBAL OELEK



2 oz
SLICED ROASTED
RED PEPPERS

*previously frozen



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.



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 off and discard the root ends of the **bok choy**; thinly slice.
- 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.



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 bok choy, sautéed aromatics, and chopped peppers**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.



4 Finish & serve your dish:

- To the pot of **cooked vegetables**, add the **prepared 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 chicken and noodles** garnished with the **sesame seeds**. Enjoy!



NUTRITION PER SERVING (AS PREPARED)* Calories: 660, Total Carbohydrates: 70g, Dietary Fiber: 2g, Added Sugar: 12g, Total Fat: 25g, Saturated Fat: 4.5g, Protein: 40g, Sodium: 1730mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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