

# Stir-Fried Chicken & Udon Noodles

with Asparagus & Carrots

PREP TIME: 15 minutes

COOK TIME: 20-30 minutes

SERVINGS: 4

Tonight's simple, seasonal stir-fry features plump, pleasantly chewy udon noodles—a Japanese variety made from wheat. Verdant asparagus and thin-sliced carrots shine through a savory, sweet, and tart soy-based sauce, finished with a touch of creamy richness. A sprinkling of crunchy cashews and piquant scallions adds exciting texture to every bite.



#### BLUE APRON WINE PAIRING:

Mt. Beautiful Pinot Gris, 2016

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## Ingredients



1 1/8 lbs  
SLICED CHICKEN  
BREAST



1 lb  
FRESH UDON  
NOODLES



2  
CARROTS



2  
SCALLIONS



1 bunch  
ASPARAGUS

#### KNICK KNACKS:



3 Tbsp  
ROASTED  
CASHEWS



1 1-inch piece  
GINGER



1/4 cup  
SOY GLAZE



2 Tbsp  
CRÈME FRAÎCHE



1 Tbsp  
RICE VINEGAR



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### 1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Peel the carrots; thinly slice into rounds.
- Cut off and discard the tough, woody stem ends of the asparagus; cut into 1-inch pieces on an angle, leaving the pointed tips intact.
- Peel and finely chop the ginger.
- Cut off and discard the root ends of the scallions; thinly slice, separating the white bottoms and green tops.
- Roughly chop the cashews.



### 2 Cook the chicken:

- Pat the **chicken** dry with paper towels; place in a bowl. Season with salt and pepper; toss to coat.
- In a large pot, heat 2 tablespoons of olive oil on medium-high until hot.
- Add the seasoned chicken and cook, stirring occasionally, 6 to 8 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pot, transfer to a plate and set aside in a warm place.



### 3 Cook the carrots:

- Add the **carrots** to the pot of reserved fond; season with salt and pepper. (If the pot seems dry, add 2 teaspoons of olive oil.) Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until slightly softened.



### 4 Add the asparagus & aromatics:

- Add the **asparagus, ginger, and white bottoms of the scallions** to the pot. Add a drizzle of olive oil and season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the asparagus is slightly softened.
- Add **2 tablespoons of water** and cook, stirring frequently, 30 seconds to 1 minute, or until the water has cooked off.



### 5 Finish the stir-fry:

- Add the **soy glaze, vinegar, and ½ cup of water** to the pot. Cook, stirring constantly, 30 seconds to 1 minute, or until well combined.
- Add the **noodles** (carefully separating with your hands before adding) and **cooked chicken**. Cook, stirring occasionally, 3 to 4 minutes, or until heated through and the noodles are coated.
- Turn off the heat and stir in the **crème fraîche**. (If the sauce seems dry, stir in **up to 3 tablespoons of water** to achieve your desired consistency.) Season with salt and pepper to taste.



### 6 Serve your dish:

- Divide the **finished stir-fry** among 4 dishes. Garnish with the **cashews and green tops of the scallions**. Enjoy!