



In your box

2 tsp. Chopped Ginger
¼ fl. oz. Toasted Sesame Oil
5 oz. Lo Mein Noodles
1 Red Bell Pepper
2 oz. Teriyaki Glaze
4 oz. Green Beans
2 Green Onions

Customize It Options

12 oz. Diced Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
24 oz. Diced Boneless Skinless Chicken Breasts—Double Portion
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: wheat, soy

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Colander,
Mixing Bowl, Medium Pot



Ginger-Scallion Chicken Noodle Bowl

with green beans and bell pepper

NUTRITION per serving—Calories: 597, Carbohydrates: 71g, Fat: 14g, Protein: 45g, Sodium: 1471mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Bring 8 cups **water** and 2 tsp. **salt** to a boil in a medium pot
- ☐ Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **whole chicken breast**, pat dry and, on a separate cutting board, cut into 1" dice. Follow same instructions as diced chicken in Step 2, cooking, stirring occasionally, until chicken reaches minimum internal temperature, 5-7 minutes.
- If using 24 oz. **diced chicken**, follow same instructions, working in batches if necessary.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Cook Noodles and Prepare Ingredients

- Once water is boiling, add **noodles** and cook until tender, 4-5 minutes.
- Drain noodles in a colander. Rinse under cold water and set aside.
- While noodles cook, trim ends off **green beans** and halve.
- Trim and mince white portions of **green onions**. Thinly slice green portions on an angle. Keep white and green portions separate.
- Stem, seed, remove ribs, and cut **red bell pepper** into ¼" strips.
- Pat **chicken** dry.



3

Make the Sauce

- Combine **teriyaki glaze**, **white portions of green onions**, **ginger**, **sesame oil**, and 2 Tbsp. **water** in a mixing bowl until ginger is dissolved and ingredients combined. Set aside.



2

Cook the Chicken and Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken**, **red bell pepper**, **green beans**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- While chicken cooks, make sauce.



4

Add Noodles and Finish Dish

- Gently stir **noodles** and **sauce** into pan until noodles are coated and ingredients are combined.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing with **green portions of green onions**. Bon appétit!