



More than Food

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## Chicken Yakitori

with Pan-Fried Chuka Soba and Green Beans

Yakitori is a favorite late-night street food in Japan, where you'll find alleys lined with charcoal grills selling skewers by the hundreds. We're marinating our chicken yakitori in a sweet garlic-soy sauce and serving them atop crispy pan-fried noodles and crunchy green beans.



35 min



level 2



dairy free



nut free



Chicken Breasts



Chuka Soba Noodles



Garlic



Scallions



Green Beans



Red Onion



Sriracha



Soy Sauce



Hoisin



Wooden Skewers

## Ingredients

2 People

4 People

\*Not Included

Chicken Breasts		12 oz	24 oz
Chuka Soba Noodles	1) 2)	9 oz	18 oz
Garlic		2 cloves	4 cloves
Scallions		2	4
Green Beans		4 oz	8 oz
Red Onion		1	2
Sriracha 	3)	1 T	2 T
Soy Sauce	4)	3 T	6 T
Hoisin	1) 4)	2 T	4 T
Wooden Skewers		4	8
Olive Oil*		1 T + 1 t	2 T + 2 t

## Allergens

- 1) Wheat
- 2) Eggs
- 3) Fish
- 4) Soy

## Tools

Baking Sheet, Large Pan, Shallow Dish, Medium Bowl

Ruler

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**Nutrition per person** Calories: 721 cal | Fat: 13 g | Sat. Fat: 1 g | Protein: 55 g | Carbs: 96 g | Sugar: 19 g | Sodium: 3027 mg | Fiber: 6 g

Make sure to wash and dry produce before prepping or cooking!



**1 Prep the ingredients:** Preheat the oven to 425 degrees. Soak the **skewers** in a shallow dish filled with water. Thinly slice the **scallions**, keeping the white and green parts separate. Trim and halve the **green beans**. Halve, peel, and thinly slice the **red onion**. Mince the **garlic**. Cut the **chicken** into bite-sized pieces and set aside in a medium bowl.



**2 Marinate the chicken:** Toss the **chicken** with the **garlic**, **hoisin**, and **half the soy sauce**.



**3 Cook the onions:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **onions** and cook, tossing occasionally, for 7-8 minutes, until golden brown.

**4 Prep and bake the chicken skewers:** Meanwhile, remove the **chicken** from the marinade and thread onto the **skewers**. Place onto a lightly oiled baking sheet and bake in the oven for about 10-12 minutes, until slightly caramelized and cooked through.



**5 Cook the noodles:** While the **chicken** bakes, add a large drizzle of **oil** to the pan. Add the **noodles**, **green beans**, **scallion whites**, and **1/4 cup water** to the pan and cook, stirring occasionally, until the water evaporates and the green beans become crisp-tender. Cook for another 4-5 minutes, without stirring, until the noodles begin to crisp on the bottom of the pan.

**HINT:** If you're having trouble crisping the noodles, an extra drizzle of oil will help.

**6 Dress the noodles:** Toss the **noodles** with the remaining **soy sauce** and as much **sriracha** as you dare.

**7 Plate:** Serve the **chicken yakitori** over the **noodles**, sprinkled with the **scallion greens**. Enjoy!