



More than Food

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Chicken and Cold Soba Noodle Salad

with Snow Peas, Mango, and Garlic-Scallion Vinaigrette



Soba noodles, made with hearty buckwheat flour, make the perfect hot-weather dish. Best served cold, they soak up flavorful vinaigrettes better than any other noodles. For the perfect textural balance, juicy mango is offset by crisp snow peas and crunchy cashews. Happy eating!



40 min



level 2



dairy
free



gluten
free



Chicken Breasts



Mango



Snow Peas



Garlic



Jalapeño



Soba Noodles



Sherry Vinegar



Scallions



Cashews



Cilantro

Ingredients	2 People	4 People
Chicken Breasts	2	4
Mango	1	2
Snow Peas	4 oz	8 oz
Garlic	2 cloves	4 cloves
Jalapeno	1	2
Soba Noodles	4 oz	8 oz
Sherry Vinegar	½ T	1 T
Scallions	2	4
Cashews	1 oz	2 oz
Cilantro	1 bunch	2 bunches
Oil*	2 T	4 T
Sugar*	1 T	2 T

*Not Included

Allergens

1) Tree Nuts

Tools

Large Pan, Medium Bowl,
Large Pot, Strainer, Peeler

Nutrition per person Calories: 730 cal | Carbs: 77 g | Fat: 26 g | Protein: 50 g | Fiber: 7 g



1 Bring a large pot of water with a large pinch of **salt** to a boil. Peel the **mango**, then cut around the flat pit to remove the flesh. Slice the **mango** into thin matchsticks. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the whites and greens separate. Mince the **jalapeno**, removing the ribs and seeds if you prefer less heat. Roughly chop the **cashews**. Chop **half the cilantro**, reserving the remaining sprigs for garnish. Thinly slice the **chicken** into strips.



2 **Make the garlic-scallion dressing:** heat 1 ½ tablespoons **oil** in a large pan over medium heat. Add the **garlic**, **scallion whites**, and **jalapeno** to the pan and cook 1-2 minutes, until fragrant. Remove the pan from the heat, then stir ½ **tablespoon sherry vinegar** and 1 **tablespoon sugar** into the pan. Season with **salt** and **pepper**, then set aside in a medium bowl to cool in the refrigerator for 4-5 minutes.



3 **Cook the soba noodles:** add the **soba noodles** to the boiling water, reduce to a simmer, and cook for 4-5 minutes, until al dente. Be careful, soba noodles can quickly overcook! Drain and immediately rinse under cold water, then toss into the **garlic-scallion dressing**.



4 **Cook the chicken and snow peas:** heat ½ **tablespoon olive oil** in the same large pan over high heat. Season the **chicken** with **salt** and **pepper**. Add the **chicken strips** and cook, tossing, for 1-2 minutes, until browned. Add the **snow peas** to the pan and cook, tossing, for 2-3 minutes, until bright green and crisp-tender and **chicken** is cooked through. Season with **salt** and **pepper**. Set aside to cool in the refrigerator for 5 minutes.

5 Toss the **chicken** and **snow peas** into the cold **soba noodles** along with the **mango** and **chopped cilantro**. Season with **salt** and **pepper**.

6 Divide the **soba noodle salad** between bowls and garnish with the **cashews**, **scallion greens**, and **reserved cilantro sprigs**. Enjoy!

Ruler

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