



Cooking Made Easy

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Chicken Yakitori

with Crispy Chuka Soba Stir-Fry



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. Keep it mild or spice it up with sriracha!



35 min



level 2



lactose
free



nut
free



Chicken Breast



Chuka Soba Noodles



Scallions



Green Beans



Red Onion



Sriracha



Garlic



Hoisin Sauce



Soy Sauce

Ingredients		2 People	4 People
Chicken Breast		2	4
Chuka Soba Noodles	1) 4)	8 oz	16 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	2)	3 T	6 T
Hoisin Sauce	1) 2)	2 T	2 T
Wooden Skewers		4	8
Vegetable Oil*		2 T	4 T

*Not Included

Allergens

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

Tools

Medium Bowl, Shallow Dish, Large Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 805 cal | Carbs: 96 g | Fat: 20 g | Protein: 53 g | Fiber: 5 g



1 Preheat the oven to 425 degrees. Soak the skewers in a shallow dish filled with water to prevent them from burning in the oven. 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 or grate the **garlic**. Cut the **chicken** into bite-sized pieces.



2 In a medium bowl, combine the **garlic**, **half the soy sauce**, and ½ tablespoon **oil**. Toss in the **chicken** and set aside to marinate.



3 Heat ½ tablespoon **oil** in a large pan over medium-high heat. Add the **red onion**, and cook, tossing occasionally, for about 7 minutes, or until golden brown.

4 Meanwhile, remove the **chicken** from the marinade, then thread it onto skewers. Place on a lightly oiled baking sheet and bake in the oven for about 10 minutes, until caramelized and cooked through.



5 While the chicken bakes, add another 1 tablespoon **oil** to the pan with the onions. Add ⅔ of the **noodles**, **green beans**, **scallion whites**, and ¼ cup **water** to the pan and cook, stirring occasionally, until water evaporates and green beans become crisp-tender. Cook another 4-5 minutes, without stirring, until noodles begin to crisp on the bottom of the pan.

6 Remove the chicken from the oven and glaze it with **half the hoisin sauce**. Then, return the baking sheet to the oven and cook for another 2 minutes to set the glaze.

7 Toss the noodles with the **remaining soy sauce**, **remaining hoisin sauce**, and as much **sriracha** as you dare.

8 Serve the **chicken skewers** over the **noodles** and sprinkle with **scallion greens**.