

Gochujang Chicken with Udon Noodles

The star of this dish is our own mildly spicy gochujang sauce. Served with all-natural chicken breast, udon noodles and Asian veggies, it is a wow-meal that is on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisks Super Easy

Getting Organized

EQUIPMENT

Large Saucepan
Large Skillet
Medium Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Udon Noodles
Asian Veggies
Chicken
Gochujang Sauce
Cilantro, Radish &
Sesame Seeds

Good to Know

If you ordered the **Carb Conscious version** we sent you zucchini "noodles" instead of the Udon noodles reducing the **carbs per serving to 29g**. Prior to Step 2, sauté the zucchini with olive oil over medium high heat until brown, about 3 to 4 minutes. Use the zucchini "noodles" in place of the udon.

Health snapshot per serving – 770 Calories, 61g Protein, 34g Fat, 56g Carbs, 19 Freestyle Points.

Lightened up health snapshot per serving – 600 Calories, 25g Fat, and 35g Carbs, by using half the Glass Noodles and two-thirds of the Gochujang Sauce and two-thirds of the Coconut Broth

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Chicken Breast, Udon Noodles, Baby Corn, Green Cabbage, Snow Peas, Red Radish, Daikon Radish, Green Onion, Coconut Milk, Gochujang, Miso, Honey, Sesame Oil, Rice Wine Vinegar, Tamari, Sesame Seeds, Cilantro

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1. Cook the Noodles

Bring a saucepan of water to a boil. Add the **Udon Noodles** to the boiling water and cook until tender, about 10 to 14 minutes. Drain well and set aside.

2. Sauté the Asian Veggies

While the noodles are cooking, heat 1 Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the **Asian Veggies** and sprinkle with salt and pepper. Sauté, stirring occasionally, until the cabbage edges start to char, about 4 minutes. Transfer the veggies to a bowl and set aside. Wipe out the skillet.

3. Cook the Chicken

Pat dry the **Chicken** and season with salt and pepper. Heat 1 Tbsp olive oil in the now-empty skillet over high heat. When the oil is hot, add the chicken and cook until it starts to brown, about 4 to 5 minutes. Flip and cook for an additional 4 minutes. Let the chicken rest for 5 minutes and then slice into half inch strips. Wipe out the skillet.

4. Create the Glaze

Add the **Gochujang Sauce** to the now-empty skillet and cook until it is hot and slightly thickened, about 3 minutes. Turn off the heat and add the sliced chicken and stir until well coated. Remove the coated chicken from the skillet. Add the cooked udon noodles to the skillet and stir until coated in the rest of the sauce.

5. Put It All Together

Serve the Asian veggies on top of the coated noodles and then the coated chicken. Top with the **Cilantro, Radish & Sesame Seeds**. Enjoy!

Instructions for two servings.

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