



Thai Chicken Lettuce Cups

with Red Peppers & Peanuts

⌚ 20-30min

🍴 2 Servings

There is so much crunch in this dish! From the salted peanuts, to the bibb lettuce, and the bell pepper, it'll be a challenge to stop eating these. They're vibrant, fresh, and gluten-free, and the Thai sweet chili sauce adds just the right amount of heat.

What we send

- garlic
- 1 head bibb lettuce
- 1 medium yellow onion
- 1 bell pepper
- 1 oz salted peanuts ⁵
- 1/4 oz fresh basil
- 3 oz Thai sweet chili sauce
- 1/2 oz tamari ⁶
- 1/2 lb chicken breast strips

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)¹⁷

Tools

- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Peanuts (5), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 480kcal, Fat 22g, Carbs 45g, Proteins 34g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Rinse and gently pat dry **8 lettuce leaves**; wrap in a damp towel until step 5. Chop **onion** into $\frac{1}{2}$ -inch pieces. Halve **bell pepper**, remove stem and seeds, then cut into $\frac{1}{2}$ -inch pieces. Coarsely chop **peanuts**. Pick **basil leaves** from stems, discarding stems.



2. Cook peppers & onions

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **onions** and **peppers**. Season with **salt** and **a few grinds of pepper**. Cook, stirring occasionally, until onions are golden and both onions and peppers are slightly tender, 4-5 minutes. Transfer to a medium bowl. Wipe out skillet and reserve for step 4.



3. Prep sauce

In a small bowl, whisk to combine **Thai sweet chili sauce**, **tamari**, **$\frac{1}{4}$ cup water**, **1 tablespoon vinegar**, and **$\frac{1}{8}$ teaspoon pepper**.



4. Cook chicken

Pat **chicken strips** dry, then cut into $\frac{1}{2}$ -inch pieces; season with **salt** and **a few grinds of pepper**. Heat **2 teaspoons oil** in reserved skillet over medium-high. Add **garlic** and cook until fragrant, about 30 seconds. Add chicken to skillet and cook, stirring occasionally, until browned and cooked through, 3-4 minutes. Transfer to bowl with **peppers** and **onions**.



5. Finish sauce

Add **sauce** to skillet over medium-high. Whisk until thickened, 1-2 minutes. Return **chicken**, **peppers**, **onions**, and **any resting juices** to skillet with sauce. Season to taste with **salt** and **pepper**. Cook until slightly thickened, about 2 minutes. Reserve **half of the basil leaves** for serving, then tear remaining leaves in half and add to skillet.



6. Finish & serve

Place **lettuce leaves** onto plates and spoon **chicken** and **vegetables** into each cup. Top with **chopped peanuts** and **remaining basil leaves**. Enjoy!