



## Teriyaki Chicken Lettuce Wraps

with Bell Peppers & Jasmine Rice



20-30min



2 Servings

We're all about a stir-fry you can eat with your hands, and this recipe keeps it light and healthy for busy weeknights. Boston lettuce is a perfectly crisp vessel for tender strips of chicken and red bell pepper that are tossed in a flavorful ginger-tamari sauce. Make sure to sprinkle with chopped peanuts for a crunchy finish. Cook, relax, and enjoy!



## What we send

- rice vinegar
- yellow onion
- Boston lettuce
- teriyaki sauce <sup>1,6</sup>
- jasmine rice
- boneless, skinless chicken breast
- garlic
- red bell pepper
- roasted, salted peanuts <sup>5</sup>
- fresh ginger

## What you need

- all-purpose flour <sup>1</sup>
- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- skillet
- saucepan

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

Wheat (1), Peanuts (5), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 750kcal, Fat 25g, Carbs 83g, Proteins 47g



### 1. Cook rice

Rinse **rice** in a fine-mesh sieve until the water runs clear. Add to a small saucepan along with **1 ¼ cups water** and **½ teaspoon salt** and bring to a boil. Cover and cook over low until rice is tender and water is absorbed, about 17 minutes. Cover to keep warm until ready to serve.



### 4. Cook vegetables

Add **1 tablespoon oil** to same skillet over high. Add **onions** and **bell peppers** and cook, stirring often, until tender and golden, about 4 minutes (adding a splash of water if bottom of skillet starts to brown). Add **ginger** and **garlic** and cook, stirring until fragrant, about 1 minute.



### 2. Prep ingredients

Thinly slice **chicken** crosswise into strips. Halve **onion**, then peel, and thinly slice. Halve **bell pepper**, remove stem, core and seeds, and thinly slice. Peel and finely chop **1 ½ tablespoons ginger** (save rest for own use) and **2 large garlic cloves**.



### 5. Make sauce

In a small bowl, stir together **teriyaki**, **rice vinegar**, **2 teaspoons flour**, **1 teaspoon sugar**, and **¼ cup water**. Add sauce to skillet along with **chicken** and **any juices** and cook, tossing, until sauce thickens and glazes the chicken, about 1 minute more.



### 3. Cook chicken

Season **chicken** all over with **½ teaspoon salt** and **several grinds of pepper**. Heat **1 tablespoon oil** in a large skillet over high. Add chicken and cook, stirring constantly, until lightly browned and just cooked through, 2-4 minutes. Transfer to a plate.



### 6. Finish & serve

Roughly chop **peanuts**. Fluff **rice** with a fork. Fill **lettuce leaves** with some of the **rice**, **chicken**, and **vegetables**. Sprinkle **peanuts** over top. Enjoy!