



Buffalo Chicken Lettuce Wraps

with Carrot-Cucumber Ribbons & Ranch



20-30min



2 Servings

We are here for this easy weeknight dinner that brings that familiar Buffalo wing feeling, but uses a healthier, keto-friendly preparation. Ribbons of pickled celery, carrots, and cucumbers with a side of tangy ranch make the party complete.

What we send

- 2 oz celery
- 1 carrot
- 1 cucumber
- garlic
- 1 bunch green leaf lettuce
- 2 (1 oz) sour cream ⁷
- ¼ oz ranch seasoning ⁷
- 10 oz pkg ground chicken
- 2 oz Buffalo sauce

What you need

- neutral oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- butter ⁷

Tools

- mandolin or V-slicer
- medium nonstick skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 590kcal, Fat 42g, Carbs 18g, Protein 36g



1. Prep ingredients

Trim ends from **celery**, then thinly slice on an angle. Use a vegetable peeler or mandolin to shave **carrot** and **cucumber** into wide ribbons (peel if desired). Finely chop **1 teaspoon garlic**. Remove any wilted outer leaves from **head of lettuce**, then separate leaves. Wrap in a damp towel to keep from wilting and set aside until ready to serve.



4. Cook chicken sliders

Shape **chicken** into 6 (2-inch) patties. Season generously with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add chicken sliders and cook until well browned and cooked through, about 3 minutes per side. Let skillet cool slightly, then pour off **any fat**, leaving sliders in skillet.



2. Make ranch dressing

In a small bowl, combine **all of the sour cream**, **chopped garlic**, **1 tablespoon each of water and oil**, and **2 teaspoons ranch seasoning**, whisking until smooth. Season to taste with **salt** and **pepper**. Set aside until ready to serve.



5. Cook Buffalo sauce

Add **2 tablespoons butter** to skillet with **sliders** and melt over medium-high heat, swirling to coat bottom of skillet. Add **all of the Buffalo sauce** and swirl to combine with **butter**. Reduce heat to medium and cook, turning sliders to coat in sauce, until sauce is slightly reduced, about 1 minute.



3. Dress veggies

In a medium bowl, whisk **2 tablespoons oil** and **1 tablespoon vinegar**. Add **celery**, **carrots** and **cucumbers**, tossing to coat. Season to taste with **salt** and **pepper**. Set aside until ready to serve.



6. Assemble & serve

Assemble **lettuce wraps** at the table by filling lettuce leaves with **chicken sliders**, spooning **Buffalo sauce** from skillet over top, then top with **some of the veggie ribbons**. Serve **ranch dressing** and **remaining veggie ribbons** alongside. Enjoy!