



Thai Chicken Lettuce Cups

with Bell Pepper & 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

- 1 head bibb lettuce
- 1 yellow onion
- 1 bell pepper
- 1 oz salted peanuts ¹
- ¼ oz fresh cilantro
- 3 oz Thai sweet chili sauce
- ½ oz tamari soy sauce ²
- 10 oz pkg chicken breast strips
- garlic

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ³

Tools

- medium skillet

Cooking tip

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Allergens

Peanuts (1), Soy (2), Sulphites (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 20g, Carbs 40g, Protein 40g



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 ½-inch pieces. Halve **bell pepper**, remove stem and seeds, then cut into ½-inch pieces. Coarsely chop **peanuts**. Pick **cilantro** from stems, discarding stems.



4. Cook chicken

Pat **chicken strips** dry, then cut into ½-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**.



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.



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 cilantro leaves** for serving, then tear remaining leaves in half and add to skillet.



3. Prep sauce

In a small bowl, whisk to combine **Thai sweet chili sauce**, **tamari**, **¼ cup water**, **1 tablespoon vinegar**, and **⅛ teaspoon pepper**.



6. Finish & serve

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