

Chicken & Brown Rice Lettuce Cups

with Tahini-Soy Sauce

WW™ APPROVED
CARB CONSCIOUS
500 CALORIES OR LESS

🕒 30-40 MINS | 4 SERVINGS

Tucked inside soft butter lettuce leaves, a filling of hearty brown rice, togarashi-spiced chicken, and marinated carrots come together with a savory and sweet sauce of tahini and soy glaze.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



WW | 9 7 4 SmartPoints® value per serving



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Ingredients



4
BONELESS,
SKINLESS CHICKEN
BREASTS



2 heads
BUTTER LETTUCE



1/2 lb
SNOW OR
SUGAR SNAP PEAS



3 Tbsps
SOY GLAZE



1 1-inch piece
GINGER



1/2 cup
BROWN RICE



6 oz
CARROTS



2 Tbsps
TAHINI



1 Tbsp
WHITE WINE
VINEGAR



1 Tbsp
TOGARASHI
SEASONING*

*Sweet Paprika, Hot Paprika, Dried Orange Peel, Poppy Seeds, White Sesame Seeds & Black Sesame Seeds



To find out more about Wellness at Blue Apron visit us at www.blueapron.com/pages/wellness, or for further nutrition information see the Nutrition Facts card.

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1 Prepare the ingredients & make the sauce:

- Fill a medium pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- If you received **snap peas**, pull off and discard the tough string that runs the length of each pod, then halve the peas crosswise.
- If you received **snow peas**, halve the peas crosswise.
- Peel and finely chop the **ginger**.
- Cut off and discard the root ends of the **lettuce**; separate the leaves.
- Peel the **carrots**, then grate on the large side of a box grater.
- In a bowl, combine the **grated carrots**, **half the vinegar**, and a drizzle of **olive oil**. Season with salt and pepper; stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes. Taste, then season with salt and pepper if desired.
- In a separate bowl, combine the **soy glaze**, **tahini**, **remaining vinegar**, and **2 teaspoons of water**.



2 Cook the rice:

- While the carrots marinate, add the **rice** to the pot of boiling water. Cook, uncovered, 17 to 19 minutes, or until tender.
- Turn off the heat. Drain thoroughly.



3 Cook the chicken:

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **togarashi** to coat (you may have extra).
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.**
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



4 Cook the peas:

- To the pan of reserved fond, add the **halved peas** and **chopped ginger** (if the pan seems dry, add a drizzle of olive oil). Season with salt and pepper. Cook on medium-high, stirring occasionally, 3 to 4 minutes, or until softened.
- Transfer to a large bowl.



5 Finish & serve your dish:

- Cut the **cooked chicken** into bite-sized pieces. Transfer to the bowl of **cooked peas**; toss to combine. Taste, then season with salt and pepper if desired.
- Serve the **lettuce leaves**, **cooked rice**, **finished chicken and peas**, **sauce**, and **marinated carrots** separately. Assemble each cup using 2 lettuce leaves. Enjoy!

**An instant-read thermometer should register 165°F.



NUTRITION PER SERVING (AS PREPARED)* Calories: 460, Total Carbohydrates: 41g, Dietary Fiber: 6g, Added Sugar: 6g, Total Fat: 11g, Saturated Fat: 2g, Protein: 46g, Sodium: 1280mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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