

Cool Cajun Chicken Lettuce Cups

with Pickled Pepper Yogurt & Peanuts











4 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients

-  18 oz Chopped Chicken Breast
-  2 heads Butter Lettuce
-  ¾ lb Carrots
-  2 Bell Peppers
-  1 Yellow Onion
-  1 Tbsp Cajun Spice Blend¹
-  1 oz Sweet Piquante Peppers
-  ½ cup Plain Nonfat Greek Yogurt
-  3 Tbsps Roasted Peanuts
-  2 Tbsps Vegetarian Worcestershire Sauce

1. Smoked Paprika, Ground Yellow Mustard, Onion Powder, Garlic Powder, Whole Dried Oregano, Whole Dried Thyme & Cayenne Pepper



4 2 2

SmartPoints® value per serving (as packaged)*



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) to coat your pan before heating instead of olive oil (1 SmartPoint per teaspoon).

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What feeds your soul?

This fun family recipe draws inspiration from zesty Cajun flavors and celebrates Disney and Pixar's *Soul*. Inspire a love of wholesome ingredients in your kids with this special recipe—and **check out *Soul* streaming December 25 on Disney+.**

#letsblueapron
#pixarsoul



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1 Prepare the ingredients

- Wash and dry the fresh produce.
- Peel the **carrots**; halve lengthwise, then thinly slice crosswise.
- Halve, peel, and small dice the **onion**.
- Cut off and discard the stems of the **bell peppers**; remove the cores. Halve lengthwise, then thinly slice crosswise.
- Roughly chop the **piquante peppers**.
- Cut off and discard the root ends of the **lettuce**; separate the leaves.
- Roughly chop the **peanuts**.



2 Cook the chicken

- Pat the **chicken** dry with paper towels; place in a large bowl. Season with salt, pepper, and enough of the **spice blend** to coat (you may have extra); toss to coat.
- In a large pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a bowl and cover to keep warm.



3 Cook the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced carrots** and **diced onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **sliced bell peppers**. Cook, stirring occasionally, 2 to 3 minutes, or until the vegetables have softened.
- Add the **worcestershire sauce** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the liquid has cooked off.
- Turn off the heat.



4 Make the pepper yogurt & serve your dish

- Meanwhile, in a bowl, combine the **yogurt** and **chopped piquante peppers**. Taste, then season with salt and pepper if desired.
- Serve the **lettuce leaves**, **cooked vegetables**, **cooked chicken**, **pepper yogurt**, and **chopped peanuts** separately. Assemble each cup using 2 lettuce leaves. Enjoy!



COOKING WITH KIDS?

Let them assemble and decorate their own cups to try out different combinations.



LISTEN UP!

Scan this QR code to cook along to Disney's Jazz playlist, including the new *Soul* soundtrack. Interested in more 'Soul-ful' fun? Visit blog.blueapron.com to learn more.



NUTRITION PER SERVING (AS PREPARED)**

Calories: 370, Total Carbohydrates: 23g, Dietary Fiber: 6g, Added Sugars: 3g, Total Fat: 16g, Saturated Fat: 2.5g, Protein: 36g, Sodium: 630mg.

**For information about our wellness labels visit us at blueapron.com/wellness.

*SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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