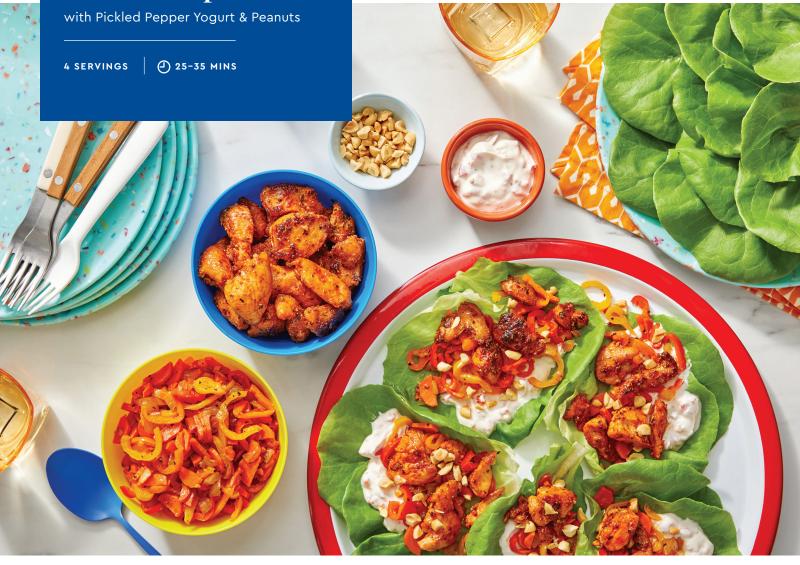




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Ingredients

- 18 oz Chopped Chicken Breast
- 2 heads Butter Lettuce
- 3/4 lb Carrots
- 2 Bell Peppers
- 1 Yellow Onion
- 1 Tbsp Cajun Spice Blend¹
- ♠ 1 oz Sweet Piquante **Peppers**
- 1/2 cup Plain Nonfat Greek Yogurt
- 🤧 3 Tbsps Roasted Peanuts
- 🛾 2 Tbsps Vegetarian Worcestershire Sauce

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



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









We 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).

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.



- 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!



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.

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

Blue Apron. LLC New York, NY 10005



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.



†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.