

Togarashi Chicken Lettuce Cups

with Orange & Radishes

TIME: 35-45 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

We're partnering with Whole30® to bring you the first of eight weeks of delicious recipes. These chicken lettuce cups get their dynamic flavor from togarashi seasoning—a staple of Japanese cuisine. Juicy bites of orange add more bright flavor and color.

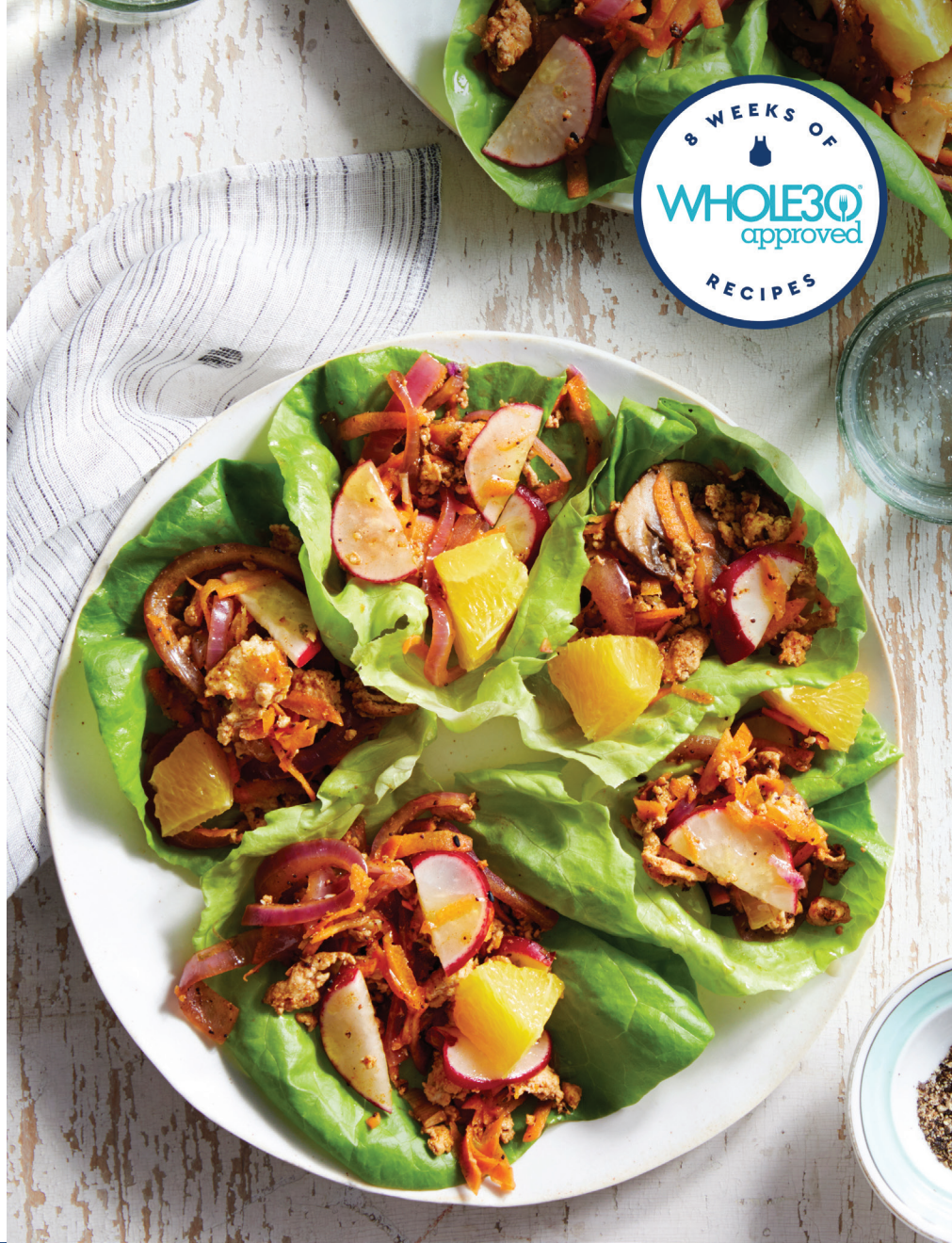


MATCH YOUR BLUE APRON WINE



Floral & Aromatic

Whole30® guidelines do not permit alcohol consumption.



Ingredients



10 oz
GROUND
CHICKEN



2
CARROTS



4 oz
CREMINI
MUSHROOMS



2 cloves
GARLIC



1
ORANGE



1 head
BUTTER LETTUCE



3 oz
RADISHES



1
RED ONION



1
LIME

KNICK KNACKS:



1 Tbsp
SESAME OIL



1 Tbsp
TOGARASHI
SEASONING*

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



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Thinly slice the **mushrooms**.
- ☐ Peel and thinly slice the **onion**. Peel and roughly chop the **garlic**.
- ☐ Using a peeler, remove the green rind of the **lime**, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter the lime.
- ☐ Peel the **carrots**; grate on the large side of a box grater. Cut off and discard the ends of the **radishes**; halve lengthwise, then thinly slice crosswise.
- ☐ Cut off and discard the root end of the **lettuce**; separate the leaves.
- ☐ Peel and medium dice the **orange**.



2 Cook the vegetables:

- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **sliced mushrooms** in an even layer and cook, without stirring, 2 to 3 minutes, or until lightly browned.
- ☐ Add the **sliced onion** and **chopped garlic**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant.
- ☐ Add the **juice of 1 lime wedge**; cook, stirring constantly, 30 seconds to 1 minute, or until combined.
- ☐ Transfer to a large bowl. Season with salt and pepper to taste. Rinse and wipe out the pan.



3 Cook the chicken:

- ☐ In the same pan, heat the **sesame oil** on medium-high until hot.
- ☐ Add the **ground chicken**; season with salt and pepper. Cook, frequently breaking the meat apart with a spoon, 3 to 4 minutes, or until lightly browned.
- ☐ Add the **togarashi seasoning** and cook, stirring frequently, 1 to 2 minutes, or until the chicken is thoroughly coated.
- ☐ Add $\frac{1}{4}$ **cup of water** and cook, stirring constantly, 30 seconds to 1 minute, or until the water has cooked off and the chicken is cooked through. Turn off the heat.

4 Make the filling:

- ☐ To the bowl of **cooked vegetables**, add the **cooked chicken**, **lime zest**, **grated carrots**, **sliced radishes**, **1 tablespoon of olive oil**, and **the juice of the remaining lime wedges**. Season with salt and pepper. Stir to thoroughly combine; season with salt and pepper to taste.



5 Serve your dish:

- ☐ Divide the **filling** among the **lettuce leaves**. Top with the **diced orange** and a drizzle of olive oil. Enjoy!