



**In your box**  
13 oz. Boneless Skinless  
Chicken Breasts  
½ oz. Blue Cheese  
1 ½ fl. oz. Frank's RedHot Sauce  
½ oz. Crispy Jalapeños  
1 ½ oz. Ranch Dressing  
3 oz. Matchstick Carrots  
1 Head of Butter Lettuce



## Buffalo Chicken Lettuce Wraps

with crispy jalapeños and ranch dressing

NUTRITION per serving—Calories: 411, Carbohydrates: 12g, Fat: 21g, Protein: 42g, Sodium: 1657mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
20-30 min.

Cook Within  
5 days

Difficulty Level   
Easy

Spice Level   
Spicy

## ① You will need

Pepper  
Small Non-Stick Pan, 2 Mixing Bowls

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Thoroughly rinse produce and pat dry



1

### Prepare the Ingredients

- Separate leaves of **lettuce** for cups.



2

### Cook the Chicken

- Bring a small non-stick pan with **chicken**, ½ cup **water**, and a pinch of **pepper** to a boil over medium-high heat.
- Once boiling, cover and cook until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Transfer chicken to a plate and let cool. Once cool, shred into bite-sized pieces.



3

### Sauce the Chicken

- Place shredded **chicken** in a mixing bowl and combine with **hot sauce** (to taste). Set aside.



4

### Make the Carrot Salad

- Combine **carrot**, **ranch dressing**, and **blue cheese** (to taste) in another mixing bowl.



5

### Assemble the Lettuce Cups

- Plate dish as pictured on front of card, filling **lettuce cups** with **chicken** and **carrot salad**. Garnish with **crispy jalapeños** (to taste). Bon appétit!