



BUFFALO CHICKEN LETTUCE WRAPS

with Tangy Blue Cheese Coleslaw

INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz
Carrots



1 | 2
Baby Lettuce



1 | 1
Lemon



3 | 6
Frank's Hot Sauce



10 oz | 20 oz
Chicken Cutlets



1 tsp | 2 tsp
Garlic Powder



4 oz | 8 oz
Coleslaw Mix



1.5 oz | 3 oz
Blue Cheese Dressing
Contains: Eggs, Milk



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!



HELLO

LETTUCE WRAPS

Baby lettuce leaves perfectly cradle filling and add a satisfying crunch to every bite.

PREP: 5 MIN | COOK: 20 MIN | CALORIES: 500



SERVE NOTICE

Wait until just before serving to fill the lettuce wraps so they don't get soggy. Or serve fillings in individual bowls and let everyone assemble at the table!

BUST OUT

- Peeler
- Paper towels
- Small bowl
- Large pan
- Plastic wrap
- Medium bowl
- Kosher salt
- Black pepper
- Cooking oil (1 tsp | 1 tsp)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP & MAKE BUFFALO SAUCE

- Wash and dry produce.
- Trim, peel, and cut **carrots** in half lengthwise, then cut into ½-inch-thick half-moons. Trim and discard root end from **lettuce**; separate leaves. Quarter **lemon**.
- Place **2 TBSP butter (4 TBSP for 4 servings)** in a small microwave-safe bowl. Tightly cover with plastic wrap and microwave until butter has melted, 30-60 seconds. Stir in **Frank's hot sauce**.



3 MAKE COLESLAW

- Meanwhile, in a medium bowl, combine **coleslaw mix** and **blue cheese dressing**. Season with **salt** to taste.



2 COOK CHICKEN & CARROTS

- Pat **chicken*** dry with paper towels; dice into ½-inch pieces.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken, **carrots**, and **garlic powder**; season with **salt** and **pepper**. Cook, stirring occasionally, until chicken is browned and cooked through, 4-6 minutes. Add **Buffalo sauce** and cook, stirring, 30 seconds more. Remove from heat.



4 SERVE

- Divide **lettuce leaves** between plates; fill with **Buffalo chicken**. Top with **tangy coleslaw**. Serve with **lemon wedges** on the side.

*Chicken is fully cooked when internal temperature reaches 165°.