



LIVE HEALTHY RECIPE

Bulgogi Lettuce Wrap

Beef (Bulgogi) Lettuce Wraps are unbelievably delicious and just exploding with flavor, you won't be disappointed.





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PREP TIME: 10 TO 15 MINUTES | COOK TIME: 5 TO 10 MINUTES | YIELD: 6 SERVINGS

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INGREDIENTS:

- (1-7/8 pound) Beef, Sirloin
- (3-3/8 oz.) Asian Pear
- (3 tbsp.) Soy Sauce
- (3/4 tsp.) Oil, Sesame
- (1 tbsp.) Sugar, Brown, Dark
- (1 tbsp.) Garlic
- (1 tbsp.) Rice Wine
- (2-1/4 tsp.) Oil, Canola
- (3-1/2 oz.) Green Peppers
- (4-1/4 oz.) Onion
- (3 oz.) Mushrooms, Shiitake
- (2 tbsp.) Scallions
- (1-1/2 tsp.) Sesame Seeds
- (12 each) Lettuce

DIRECTIONS:

1. Slice beef into thin strips.
2. Core pears and puree.
3. In a large bowl, mix the beef slices, rice wine and pear puree thoroughly, massaging well into meat.
4. Add soy sauce, sesame oil, brown sugar, and chopped garlic to marinade and let marinate for 3 to 4 hours.
5. Heat a large skillet, without any oil. Sear beef for one minute on each side.
6. Heat oil in a skillet or hot wok. Sauté vegetables and add to beef.
7. Arrange 1/4 cup of beef and vegetable mixture on a large bibb lettuce leaf.
8. Sprinkle each with 1/2 tsp of scallions and 1/8 tsp of sesame seeds.

HEALTH BENEFITS OF LETTUCE:

Also called Boston or bibb lettuce, butter lettuce is the most nutritious of the lettuces. The leaves are higher in folate, iron, and potassium than iceberg or leaf lettuces.