

Korean-style Bulgogi Beef Lettuce Wraps
RECIPE

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<?xml version="1.0"?>

TIME

20 Minutes

INGREDIENTS

12 items

MAKES

2 servings

Enjoy a restaurant-style dinner at home in just 20 minutes using fragrant Jasmine Ready Rice as a base. Flavor-packed Korean-style marinated beef and crisp vegetables are all wrapped up and ready for a fun dinner in.

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INGREDIENTS

- 1/2 lb. (250g) beef steak, thinly sliced
- 1 Tbsp sunflower Oil

- 2 Tbsp soy sauce
- 1 garlic clove, crushed
- 1 Tbsp sugar
- 1 Tbsp sesame seeds
- 1 tsp rice wine vinegar
- 1 head Little Gem Lettuce, leaves separated
- 1/2 cucumber, sliced into thin matchsticks
- 1 carrot, peeled and sliced into thin matchsticks
- 1/2 red onion, thinly sliced
- 1 pouch (250g) Ben's Original Ready Rice Jasmine

PRODUCTS USED



BEN'S ORIGINAL™ READY RICE™ Jasmine Rice

[SEE DETAILS](#)

Buy now

Instructions

- 1
In a small bowl, stir together the garlic, soy sauce, sugar, sesame seeds and rice wine vinegar, and set aside
- 2
Heat the oil in a wok or large nonstick skillet over a high heat. Add the beef strips and stir fry until browned and caramelized, about 3 minutes. Maintain the heat and add soy sauce mixture. Continue to cook the beef until the sauce has reduced and becomes sticky, 1-2 minutes more. Remove from heat.
- 3
Heat the Ben's Original rice according to pack instructions. To construct your wraps: Place the rice into the lettuce leaves and top with the sticky Korean beef. Garnish with sliced cucumber, carrot and onion. Wrap together and enjoy!

Nutrition:

- CALORIES: 505
- TOTAL FAT: 13.4g - 19%
- TRANS FAT: 0.3g
- SODIUM: 562mg - 23%
- TOTAL CARBOHYDRATES: 49.2g - 19%
- DIETARY FIBER: 5.3g - 18%
- TOTAL SUGARS: 9.6g
- PROTEIN: 44.2g

Categories:

[Healthy Options](#), [Quick/Easy Meals \(UNDER 30M\)](#), [Family-Friendly](#)

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[Caribbean Style Wrap with Ben's Original™ 10 Medley](#)

Cooking time

20

Ingredients

10 items

[SEE DETAILS](#)



[Brown Rice with Spinach and Parmesan Cheese](#)

Cooking time

35 Minutes

Ingredients

10 items

[SEE DETAILS](#)



[Classic Shrimp Fried Rice](#)

Cooking time

15 minutes

Ingredients

9 items

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[Brown Rice & Apple Salad](#)

Cooking time

20 minutes

Ingredients

9 items

[SEE DETAILS](#)

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