Korean-style Bulgogi Beef Lettuce Wraps
RECIPE

Korean-style Bulgogi Beef Lettuce Wraps

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.

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

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

More Recipes Like This



Brown Rice with Spinach and Parmesan Cheese

Cooking time

35 Minutes

Ingredients

10 items

Classic Shrimp Fried Rice

Cooking time

15 minutes

Ingredients

9 items

Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

Cheesy Chicken Broccoli Rice Bake

Cooking time

45 Minutes

Ingredients

9 items

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