

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. 1

In a small bowl, stir together the garlic, soy sauce, sugar, sesame seeds and rice wine vinegar, and set aside

2. 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. 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



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

SEE DETAILS



Brown Rice & Apple Salad

Cooking time

20 minutes

Ingredients

9 items

SEE DETAILS

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