

Beef Bulgogi Lettuce Wraps

Korean barbecue sauce lends sweet and savory elements to the beef in these easy lettuce wraps.

INGREDIENTS

2 beef Flat Iron Steaks (about 8 ounces each)
1/2 cup apple cider vinegar
3 tablespoons red or brown miso paste, divided
2 teaspoons minced garlic
2 teaspoons minced fresh ginger, divided
1 teaspoon ground Korean-style red pepper, divided
1-1/2 cups diced apple or Asian pear
3/4 cup packed dark brown sugar
2/3 cup diced onion
1/2 teaspoon sesame oil
12 large green or red butter or Bibb lettuce leaves
Shredded carrots, shredded cabbage, shredded cucumber,
chopped peanuts, microgreens, pickled corn, pickled onion,
chopped kimchi



40 Min



4

Servings



42 Cal





24g

Protein

COOKING

1. Combine 1/4 cup cider vinegar, 1 tablespoon miso paste, 1 teaspoon garlic, 1 teaspoon ginger and 1/2 teaspoon pepper in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 30 minutes.
2. Meanwhile, to prepare bulgogi sauce, heat large nonstick skillet over medium-high heat until hot. Add apple, brown sugar, onion, remaining 1/4 cup cider vinegar, remaining 2 tablespoons miso paste, remaining 1 teaspoon garlic, remaining 1 teaspoon ginger, remaining 1/2 teaspoon pepper and sesame oil; bring to a boil. Cook 8 to 12 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired. Set aside.
3. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Carve steaks into slices. Divide steak slices evenly among 12 lettuce leaves. Top steak with Bulgogi Sauce, carrots, cabbage, cucumber, peanuts, microgreens, pickled vegetables and kimchi, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		12g	71mg		53g	24g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com