

Korean Beef Lettuce Wraps

| energy | protein | fat | carb | fibre | sodium | per portion |
|--------|---------|-----|------|-------|--------|-------------|
| 883kJ | 30g | 9g | 5g | 1g | 490mg | |

Serves: 4

500g beef strips

Vegetable oil

2 carrots, peeled and thinly sliced

1 small cucumber, thinly sliced

Handful fresh coriander, washed

1 head butter lettuce, leaves washed and separated

For the marinade:

1t ground black pepper

2 cloves garlic, crushed

1t sesame oil

3T soy sauce

1T mirin

1 red chilli, finely sliced

Method:

Place beef strips in a glass bowl, add all the marinade ingredients and mix well.

Marinate for at least 30 mins.

Heat a frying pan with a little oil. When hot, sear beef strips in batches (don't overcrowd the pan!)

Remove from pan and set aside to cool.

To make the wraps:

Place a little beef into each lettuce cup and top with a few carrots, cucumber and coriander.

Drizzle over any leftover pan juices, wrap up and serve immediately.

Top tip:

Because this dish has such a low carbohydrate content, you could consider a cup of fresh fruit salad with some plain yoghurt as a healthy dessert.