

## 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.