

Easy Beef Bulgogi in Lettuce Wraps

Partially freezing the meat prior to cutting it will allow for a nice thin slice or ask the meat department to slice it for you.

Ingredients

- 1 lb flank steak
- 2 Tbls vegetable oil
- 1 small apple, shredded
- ½ red onion, thinly sliced
- 4 cloves garlic, minced
- 1 Tbls red chili paste
- 1 Tbls soy sauce
- 1 Tbls brown sugar or brown sugar substitute
- 1 Tbls sesame oil
- 4 green onions, sliced
- 1 jalapeno, diced
- Sesame seeds for garnish
- 1 head Bibb or Boston lettuce
- 1 package riced cauliflower



Directions

1. Slice meat and place into a gallon sized resealable bag. Add shredded apple, onion, chili paste, soy sauce, brown sugar, sesame oil, jalapeno and all but 2 Tbls of the green onion tops (to garnish riced cauliflower). Allow meat to marinate 2-4 hours or overnight.
2. Heat oil in a large cast-iron skillet over medium high heat. Arrange meat slices in single layer and turn after browning – about 2-3 minutes. Brown on other side and then add remaining marinade mix to pan. Cook 2-3 minutes.
3. Serve with lettuce leaves and riced cauliflower. Garnish with remaining green onion and sesame seeds.

Makes 4 servings

Nutrition Facts:

Calories	284
Total Fat	14g
Total Carbohydrates	14g
Dietary Fiber	4g
Protein	26g