

Korean Beef Lettuce Wraps (Koritos)

Description

Ginger beef in lettuce wraps

Because we love love love Korean food, our own quick fusion variant of a Korean dish, these Korean beef lettuce wraps. These kind of things is what keeps from being a vegetarian just yet, maybe Iâ€™ll find a good alternative someday, but for now, get some good grounded beef and enjoy these Koritoâ€™s. Our â€˜self namedâ€™ koritoâ€™s have been a very popular dish in our house for about a decade. Using salad as wraps opens up a world of opportunity. More of this coming!

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BLF balance â“˜ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

7.5 / 10

BLF Flavour

8.5 / 10

BLF Easy

8.5 / 10

MAKE IT MORE BALANCED
Use brown rice or another whole-grain rice blend instead of white rice. **(+0.5)**
Add finely shredded carrot or cucumber as an extra crunchy filling or topping. **(+0.5)**
Finish with toasted sesame seeds or a spoonful of sesame tahini-style sauce. **(Flavour boost)**

Nourishment

Fiber: low-moderate
Veggie level: medium
Keeps you full: moderately
Energy: quick & satisfying
Mood: savory, fresh & fun

Details

Servings
2 servings

Prep time
10 minutes

Cooking time
10 minutes

Protein
~38g per serving

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Ingredients

- Little gem or Chinese cabbage
- 300gr Minced meat
- 10 Mushrooms
- 1 Red pepper (optional)
- 3 Spring onions
- Garlic
- Mint
- Cilantro
- 200gr Rice
- Sriracha (optional)
- **Marinade**
- Oyster sauce
- Sesame oil
- Ginger

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Directions

- Marinate the beef**.** Mix the minced beef with the oyster sauce, sesame oil and grated ginger. Leave to marinate while you prepare the rest.

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- Cook the rice according to the package instructions.
- Slice the spring onions, keeping the white and green parts separate. Chop the mushrooms, red pepper and garlic. Keep the green spring onion aside for topping.
- Heat a little oil in a pan. SautÃ© the white part of the spring onion with the mushrooms and red pepper for a few minutes. Add the garlic and cook briefly.
- Add the marinated beef and cook until browned and nicely caramelised.
- Fill each lettuce or cabbage leaf with rice and the ginger beef mixture.
- Top with the green spring onion, fresh mint and cilantro. Add some sriracha if you like, wrap it up and eat with your hands.

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