



Thai Cuisine Restaurant

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Sesame Beef with Red Leaf Lettuce Wraps

Bulgogi is a classic Korean barbecue dish. This recipe offers savory-sweet-garlicky beef wrapped in lettuce leaves with steamed rice.

Ingredients

Top sirloin beef, sliced	¾ lbs.
Minced garlic	1 TBS
Green onions, thinly sliced	1/3 cup
Low-sodium soy sauce	2 TBS
Brown sugar	1 TBS
Sesame oil	1 tsp
Toasted sesame seeds	1 TBS
Canola oil	2 TBS
Red leaf lettuce leaves	16
Cooked rice	4 cups

Combine steak pieces, ¼ cup green onions, sugar, soy sauce, garlic and sesame oil in a bowl. Mix them well, cover and refrigerate for 30 minutes. Heat a skillet over high heat. Add 2 TBS canola oil to the skillet; stir-fry until the meat is cooked. Turn off the heat and sprinkle with remaining green onions and sesame seeds. Spoon ¼ cup rice and about 2 TSP steak mixture on each of lettuce leaf; roll up. Yield 4 servings (serving size: 4 filled lettuce leaves).

Nutrition Information

Make 4 servings

Per serving:

Calories	498
Protein	25 g
Carbohydrates	62 g
Total fat	15 g
Saturated fat	1 g
Cholesterol	28 mg
Dietary fiber	3 g
Sodium	581 mg

Reference: Cooking Light, September 2008