

# Korean Bulgogi Beef Lettuce Cups

with Vegetable “Japchae”

R2

Say hi to your new obsession, Korean bulgogi beef lettuce cups. Sear tender pieces of beef marinated in a delicious bulgogi sauce that’s salty, sweet, nutty, and savory. Scoop it up in crisp, refreshing lettuce cups, and enjoy it alongside our delicious japchae-style vegetables.

## Ingredients

- Bulgogi marinated sliced ribeye – 275 cal S W
- Sesame oil – 15 cal
- Soy sauce – 0 cal S W
- Broccoli slaw – 50 cal
- Korean kogi barbecue sauce – 105 cal S W D
- Bibb lettuce – 10 cal
- Toasted sesame seeds – 5 cal
- Lime – 10 cal

## Allergens

- S Soy W Wheat

## Supplies to Gather

- Two nonstick saute pans (12 inches)
- Kitchen knife & cutting board
- Kitchen tongs
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil



470

Calories  
Per Serving

11g

Total  
Fat

39g

Total  
Protein

57g

Total  
Carbohydrates

6g

Dietary  
Fiber



Lean &  
Clean

# 1 Let's Get Started!



Rinse your fresh produce  
Gently pat dry



## Step 2

- Trim the bottom from the **Bibb lettuce** and gently pull the leaves apart.
- Slice the **lime** into wedges.



## Step 3

- Place a large nonstick saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **bulgogi marinated sliced ribeye** and use tongs to spread the beef into an even layer. Cook for 3-4 min, without stirring, to allow the beef to caramelize and brown.
- Turn the pieces of ribeye over, then cook for 2-3 additional min, or until cooked through. **Turn off the heat** and spoon the beef onto your serving plates.



## Step 4

- Meanwhile, place a second large nonstick saute pan onto the stovetop, add 1-2 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** add the **broccoli slaw**. Cook for 3 min, or until the vegetables are tender-crisp.
- Stir in the **sesame oil** and **soy sauce** and cook for 1 additional min. **Turn off the heat** and season with salt and pepper.
- Place the vegetable japchae onto serving plates. Garnish with the **toasted sesame seeds**.

## Let's Plate! 5

Serve the bulgogi beef with the Bibb lettuce leaves, and assemble lettuce cups as desired with the bulgogi beef and vegetable japchae. Drizzle the lettuce cups with the **Korean kogi barbecue sauce** and a squeeze of lime juice.



**Please Note:** When adding ingredients to a hot pan always be careful of any oil splatter. Cooking times may vary due to different appliances and temperatures.