

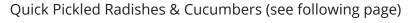


# BC BEEF ZESTY LETTUCE WRAPS



#### **INGREDIENTS**

2 lb	BC Lean Ground Beef	900 g
2 tsp	Sesame Oil	10 ml
2 tbsp	BC Ginger	30 ml
2 tbsp	BC Garlic	30 ml
½ cup	BC Carrots, julienned	120 ml
½ cup	BC Green Onions, sliced thin	120 ml
2 tsp	Brown Sugar	10 ml
2 tsp	Chili Sauce	10 ml
2 tbsp	Soy Sauce	30 ml
1 cup	Beef Stock	240 ml
¼ cup	Corn Starch	60 ml
1	Lime (juiced)	1
1 bunch	BC Cilantro	1 bunch
1 head	BC Butter Lettuce	1 head



Miso Yogurt Sauce (see following page)

## **DIRECTIONS**

- 1. In a large pot, thoroughly cook BC Ground Beef. Drain off any excess fat.
- 2. Add sesame oil, BC Ginger, and BC Garlic, and sauté for 1 minute.
- 3. Add BC Carrots and BC Green Onions. Continue to sauté until carrots are lightly cooked (about 2 minutes).
- 4. In a separate bowl, combine brown sugar, chili sauce, soy sauce, beef stock, and corn starch.
- 5. Whisk to dissolve. Add to the beef mixture and cook 1-2 minutes. The sauce will become thick and bind the beef mixture.
- 6. Turn off the heat, and add the lime juice and BC Cilantro and mix. Set aside.
- 7. Meanwhile, wash and spin BC Lettuce leaves.
- 8. To assemble, add desired amount of beef mix to each lettuce leaf and top with Quick Pickled Radishes and Cucumbers.
- 9. Add Miso Yogurt Sauce directly to the lettuce wrap or serve on the side.

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# QUICK PICKLED RADISHES & CUCUMBERS

#### **INGREDIENTS**

1 cupRice Wine Vinegar240 ml1 tbspKosher Salt15 ml2 tbspGranulated Sugar30 ml½ longBC English Cucumber, sliced thin½ long5BC Radishes, sliced thin5

#### **DIRECTIONS**

- 1. In a small sauce pot, bring vinegar, salt, and sugar to a boil.
- 2. Place sliced BC Cucumber and BC Radishes in separate small bowls.
- 3. Add equal amounts of the hot vinegar mixture to each bowl of vegetables. Be sure to cover with the pickling liquid.
- 4. Let sit for at least 15 minutes.

# MISO YOGURT SAUCE

# **INGREDIENTS**

1 cup BC Greek Yogurt 240 ml
¼ cup White Miso Paste 60 ml
1 Lime (juiced) 1
Dash Salt and pepper Dash

## **DIRECTIONS**

- 1. Combine all ingredients in a small bowl.
- 2. Taste and season with salt and pepper as desired. Set aside.