**Korean Beef Lettuce Wraps**

**Method:**
Place beef strips in a glass bowl, add all the marinade ingredients and mix well.

Marinade for at least 30 mins.

Heat a frying pan with a little oil. When hot, sear beef strips in batches (don’t overcrowd the pan!)

Remove from pan and set aside to cool.

To make the wraps:
Place a little beef into each lettuce cup and top with a few carrots, cucumber and coriander.

Drizzle over any leftover pan juices, wrap up and serve immediately.

**Top tip:**
Because this dish has such a low carbohydrate content, you could consider a cup of fresh fruit salad with some plain yoghurt as a healthy dessert.

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**Serves: 4**

500g beef strips

Vegetable oil

2 carrots, peeled and thinly sliced

1 small cucumber, thinly sliced

Handful fresh coriander, washed

1 head butter lettuce, leaves washed and separated

For the marinade:

1t ground black pepper

2 cloves garlic, crushed

1t sesame oil

3T soy sauce

1T mirin

1 red chilli, finely sliced

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