

Asian Lettuce Wraps



Delicious and bursting with flavor, Asian lettuce wraps are a great idea for entertaining or a family style meal. Each person can build their own fresh, delicious wrap. Just be sure to have plates or napkins available since the mixture can sometimes drip a little. To serve, allow each person to spoon a portion of the meat into a lettuce leaf. Wrap the lettuce around the meat like a burrito and enjoy!

By Rachel Castro

Prep: 20 mins

Cook: 15 mins

Total: 35 mins

Servings: 4

Yield: 4 servings



Ingredients

16 Boston Bibb or butter lettuce leaves

1 pound lean ground beef

1 tablespoon cooking oil

1 large onion, chopped

¼ cup hoisin sauce

2 cloves fresh garlic, minced

1 tablespoon soy sauce

1 tablespoon rice wine vinegar

2 teaspoons minced pickled ginger

1 dash Asian chile pepper sauce, or to taste (Optional)

1 (8 ounce) can water chestnuts, drained and finely chopped

1 bunch green onions, chopped

2 teaspoons Asian (dark) sesame oil

Directions

Step 1

Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.

Step 2

Heat a large skillet over medium-high heat. Cook and stir beef and cooking oil in the hot skillet until browned and crumbly, 5 to 7 minutes. Drain and discard grease; transfer beef to a bowl. Cook and stir onion in the same skillet used for beef until slightly tender, 5 to 10 minutes. Stir hoisin sauce, garlic, soy sauce, vinegar, ginger, and chile pepper sauce into onions. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes.

Step 3

Arrange lettuce leaves around the outer edge of a large serving platter and pile meat mixture in the center.

Nutrition Facts

Per Serving: 388 calories; protein 23.4g; carbohydrates 24.3g; fat 22.3g; cholesterol 68.9mg; sodium 579.6mg.