

Beef Lettuce Wraps

[Billy Strynkowski of Cooking Light Magazine](#)

From the Yale Appliance + Lighting Chef Series

YIELD: 4 servings (serving size: 2 wraps and 1 teaspoon sauce)

PREP TIME: 30 Minutes

Ingredients:

- Cooking spray
- 1 (1-pound) ground Beef
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 3 tablespoons fresh lime juice
- 2 tablespoons fish sauce
- 4 teaspoons dark brown sugar
- 1 jalapeño pepper, seeded and minced
- 8 Bibb lettuce leaves
- 1 cup thinly sliced red onion
- 1 cup torn fresh mint
- 1/2 cup matchstick-cut English cucumber
- 1/2 cup torn fresh cilantro
- 2 tablespoons chopped unsalted, dry-roasted peanuts

Preparation:

1. Heat a pan over medium-high heat. Coat pan with cooking spray. Sprinkle ground beef with salt and pepper. Place beef in pan; cook 7 minutes until completely cooked, drain fat from pan

2. Combine juice, fish sauce, sugar, and jalapeño in a medium bowl, stirring with a whisk. Reserve 4 teaspoons juice mixture in a small serving bowl. Pour remaining juice mixture in a large bowl; add beef tossing to coat. Place 1 1/2 ounces beef in center of each lettuce leaf; top each with 2 tablespoons onion, 2 tablespoons mint, 1 tablespoon cucumber, and 1 tablespoon cilantro.
3. Sprinkle evenly with peanuts; roll up. Serve with reserved juice mixture.
4. Soba noodle salad: Cook 6 ounces soba noodles according to package directions, omitting salt and fat; drain well.
5. Combine noodles, 1/3 cup chopped green onions, and 1/3 cup matchstick-cut carrots in a large bowl.
6. Combine 1 1/2 tablespoons rice vinegar, 1 tablespoon sesame oil, 1 tablespoon fish sauce, 1 tablespoon low-sodium soy sauce, 2
7. Teaspoons sambal oelek, and 1 teaspoon brown sugar in a small bowl, stirring well with a whisk. Drizzle vinegar mixture over noodle