

# SPICY BEEF LETTUCE WRAPS

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

1 pound extra-lean ground beef  
1 tablespoon soy sauce  
1 teaspoon sesame oil  
1 tablespoon chili-garlic sauce  
2 teaspoons brown sugar  
3 garlic cloves - minced  
2 cups carrots - matchstick cut or coarsely grated  
1/4 cup fresh cilantro - chopped  
8 large lettuce leaves

### Preparation:

Place a large non-stick or seasoned cast iron frying pan on medium-high heat.

Add the beef, soy sauce, sesame oil, chili-garlic sauce, brown sugar and garlic.

Cook for six minutes while breaking apart the beef until there are no clumps remaining.

Add the carrots and cook until the beef is fully browned.

Mix in the cilantro and remove from heat.

Serve the beef mixture already wrapped in the lettuce leaves or be more casual by letting the diners fill their own.

### Nutritional Information Per Serving:

Calories: 185  
Fat: 6g  
Carbs: 8g  
Fibre: 2g  
Protein: 23g