Pear Beef Banh Mi Wrap

6 Servings

Ingredients

1-1/2 pounds beef, such as sirloin, thinly sliced crosswise

1/2 cup low sodium soy sauce

1/4 cup white vinegar

2 tablespoons brown sugar

4 teaspoons sesame oil

2-1/2 teaspoons finely chopped garlic

2-1/2 teaspoons Sriracha or other hot sauce

1-1/2 teaspoons grated or finely chopped fresh ginger

1-1/2 teaspoons onion powder

3/4 teaspoon freshly ground black pepper

1-1/2 teaspoons to 1 tablespoon red pepper flakes

1 lime, zested and zest finely chopped

1/2 bunch cilantro, roughly chopped

1 (15-ounce) can Pacific Northwest Canned Pears, diced, in

juice, drained

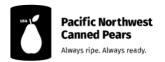
6 warm 10-inch whole grain flour tortillas Quick-Pickled Carrots and Radishes

1/4 cup white vinegar

2 tablespoons granulated sugar

1/2 cup julienned or thinly sliced radishes

1/2 cup julienned or thinly sliced carrots



Method

Put the beef in a bowl with the soy sauce, vinegar, brown sugar, 2 teaspoons sesame oil, garlic, hot sauce, ginger, onion powder, black pepper, pepper flakes, and lime zest. Toss well, cover the bowl and marinate in the refrigerator for 4 hours, mixing the ingredients twice during that time to coat beef with the marinade.

Meanwhile, squeeze the juice from the zested lime over the pears and set aside.

After 4 hours, remove the beef from the refrigerator. Heat the remaining sesame oil in a large wide skillet over medium-high heat. When the oil is hot, add the marinated beef and cook, stirring frequently, until some of the edges are lightly browned, 3 to 4 minutes, or the meat is cooked to your liking.

To assemble the wraps, divide the beef among the 6 tortillas and top with lime-infused pears, pickled vegetables, and a generous sprinkle of cilantro. Roll up, secure each end with a toothpick, and slice in half.

Combine the vinegar and sugar in a medium-size non-reactive saucepan and bring to a simmer to dissolve the sugar. Cool slightly before pouring over the radishes and carrots. Allow to sit one hour, if possible.

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Nutrition

Calories 355 kcal Total Fat 16 g Total Dietary Fiber 3 g Vitamin C 4 mg Saturated Fat 6 g Trans Fat 0 g Protein 15 g Iron 1 mg Sodium 1046 mg Cholesterol 24 mg Vitamin A 1944 IU Sugars 13 g 38 g Carbohydrate 59 mg Calcium