



**Pacific Northwest
Canned Pears**
Always ripe. Always ready.

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

Servings

Makes 6 servings

Nutrition

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

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.