Korean Beef and Pear Pita

24 Servings

Ingredients

6 pounds beef, such as sirloin, thinly sliced crosswise

- 1 cup low sodium soy sauce
- 1/2 cup sesame oil, divided
- 2 tablespoons molasses
- 1 tablespoon grated or finely chopped fresh ginger
- 2 teaspoons freshly ground black pepper
- 2 cups sour cream
- 2 tablespoons Sriracha
- 24 pita pockets, cut in half
- 6 cups Pacific Northwest Canned Pears, diced, in juice, drained
- 1 bunch cilantro, roughly chopped
- Fresh avocado for serving, optional

Servings

Makes 24 servings (2 pita halves per serving)

Nutrition

Calories	<i>4</i> 36
Fat	25g
Saturated Fat	9g
Cholesterol	100mg
Sodium	646mg
Carbohydrates	24g
Fiber	2g
Sugar	6g
Protein	26g
Calcium	80mg
Iron	3mg
Potassium	502mg



Method

Put the beef in a large bowl with soy sauce, ¼ cup sesame oil, molasses, ginger, and black pepper. Toss well, cover the bowl, and marinate in the refrigerator at least 1 hour.

Combine sour cream and Sriracha in a bowl, cover and refrigerate until ready to serve.

Per order, heat about 1/2 teaspoon sesame oil in a skillet over medium-high heat. When hot, add 4 ounces marinated beef and sauté until the edges are browned, about 4 minutes.

Fill pitas with cooked beef, 1/4 cup diced pears and a sprinkle of cilantro. Top with avocado, if desired, and drizzle 1 mounded tablespoon Sriracha sour cream mixture over filling.