

Asian Beef Parcels

musclefood
Premium nutrition for peak performance

Ingredients

- **450g** Great British Steak Mince
- **3 tbsp.** 100% fruit orange marmalade
- **2 tbsp.** reduced sodium soy sauce
- **1 tbsp.** hoisin sauce
- **1 tbsp.** grated ginger
- **1 clove of garlic** – minced
- **1 tbsp.** rapeseed oil
- **8 fresh scallions** – chopped
- **2 carrots** – chopped
- **1 red bell pepper** – seeded and finely chopped
- **12 bibb** lettuce leaves



Cooking method

TO COOK

1. Whisk together the soy sauce, marmalade, hoisin, garlic and ginger in a small bowl then set to one side.
2. Heat a fry pan over a medium to high heat along with the oil then toss in the beef, carrots, scallions and pepper.
3. Cook for roughly 5 minutes, or until the beef is browned and cooked through.
4. Add the soy sauce mix and continue to cook for a further 5 minutes stirring occasionally.
5. Spoon the mix evenly between the lettuce leaves then roll and serve like a wrap.

Serves: 4

25g
PROTEIN

259
CALORIES

19g
CARBS

15g
FAT