



# ONE-PAN GINGER BEEF LETTUCE WRAPS

with Zucchini, Gochujang Sauce & Pickled Carrots

ONE PAN

## INGREDIENTS

2 PERSON | 4 PERSON



1 | 1  
Yellow Onion



1 | 2  
Zucchini



1 Thumb | 1 Thumb  
Ginger



1 | 2  
Lemon



1 | 2  
Baby Romaine Lettuce



4 oz | 8 oz  
Shredded Carrots



5 tsp | 10 tsp  
White Wine Vinegar



1 tsp | 2 tsp  
Garlic Powder



10 oz | 20 oz  
Ground Beef



1 oz | 2 oz  
Gochujang Sauce  
Contains: Soy, Wheat



2 TBSP | 4 TBSP  
Hoisin Sauce  
Contains: Soy, Wheat

## HELLO

### GOCHUJANG

This deeply flavored Korean chili paste adds sweet heat to marinades, sauces, and stews. Here, it gives a mild kick to the ground beef filling.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 510





### SERVE NOTICE

Wait until just before serving to fill these lettuce wraps so that they don't get soggy. Or serve the fillings family-style in individual bowls and let everyone assemble the wraps at the table!

### BUST OUT

- Medium bowl
- Large pan
- Kosher salt
- Black pepper
- Sugar (1 tsp | 2 tsp)
- Cooking oil (2 tsp | 2 tsp)

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\*Ground Beef is fully cooked when internal temperature reaches 160°.



### 1 PREP

- **Wash and dry produce.**
- Halve, peel, and finely dice **half the onion (whole onion for 4 servings)**. Trim and dice **zucchini** into ¼-inch pieces. Peel and mince or grate **half the ginger (all for 4)**. Quarter **lemon**. Trim and discard root end from **lettuce**; separate leaves.



### 3 COOK FILLING

- Heat a **drizzle of oil** in a large pan over medium-high heat. Add **onion**; season with **salt** and **pepper**. Cook, stirring occasionally, until tender and lightly browned, 5-8 minutes.
- Add another **drizzle of oil**, **zucchini**, **garlic powder**, and **½ tsp salt (¾ tsp for 4 servings)**. Cook, stirring occasionally, until zucchini is slightly softened, 3-5 minutes.
- Add **beef\*** and **ginger**; season with **pepper**. Cook, breaking up meat into pieces, until browned, 3-4 minutes. **TIP: If there's excess grease in your pan, carefully pour it out.**
- Stir in **gochujang**, **hoisin**, and **¼ cup water**. Cook, stirring, until beef is saucy and cooked through, 2-3 minutes.
- Remove from heat. Stir in **juice from half the lemon**; season with **salt** and **pepper** to taste.



### 2 PICKLE CARROTS

- In a medium microwave-safe bowl, toss **carrots** with **vinegar**, **1 tsp sugar (2 tsp for 4 servings)**, and a **pinch of salt and pepper**. Microwave for 1 minute. Set aside, tossing occasionally.



### 4 SERVE

- Divide **lettuce** between plates; fill with **beef mixture**. Garnish with **pickled carrots (draining first)**. Serve with **remaining lemon wedges** on the side. **TIP: Alternatively, serve beef mixture, carrots, and lettuce in separate bowls and let everyone assemble their own wraps!**

WK 10-15