



WHATSheATE



HEALTH SCORE

58%

## Lamb Bulgogi with Asian Pear Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 teaspoon pepper black freshly ground



1 large head boston lettuce whole separated



1 piece ginger fresh peeled cut into thin rounds



8 garlic cloves peeled



4 green onions coarsely chopped



10 green onions; 2 trimmed chopped



8 jalapeño chiles halved seeded (, if desired)



0.5 cup kochujang hot (Korean pepper paste)

- ☐ 1 boned butterflied leg of lamb bone-in trimmed
- ☐ 0.5 cup mirin sweet ( Japanese rice wine)
- ☐ 1 cup asian pear cored peeled chopped ( )
- ☐ 3 tablespoons asian sesame oil
- ☐ 4 tablespoons sesame seed divided toasted
- ☐ 0.5 cup soya sauce
- ☐ 3 tablespoons sugar

## Equipment

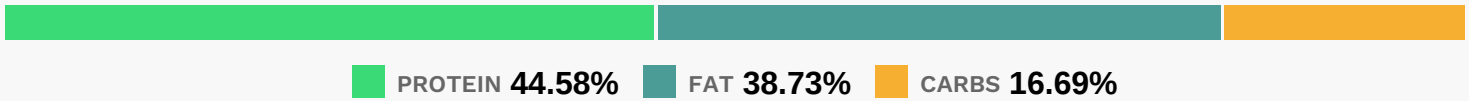
- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ measuring cup
- ☐ glass baking pan
- ☐ metal skewers

## Directions

- ☐ Place green onions, sugar, choppedgarlic, and sliced ginger in processorand blend until finely chopped, stoppingoccasionally to scrape down sides of bowl.
- ☐ Transfer mixture to medium bowl.
- ☐ Addsoy sauce, mirin, Asian sesame oil, toastedsesame seeds, and black pepper; whiskmarinade to blend.
- ☐ Pour 1 cup marinadeinto 15x10x2-inch glass baking dish.Open boned leg of lamb like book; add tobaking dish, arranging in single layer.
- ☐ Pourremaining marinade over lamb, spreadingto cover evenly. Cover and refrigerate atleast 4 hours and up to 1 day, turninglamb occasionally.
- ☐ Puree Asian pear and chopped green onionsin processor until smooth.
- ☐ Add soy sauce,mirin, and sugar and process until sugardissolves.
- ☐ Add Asian sesame oil and 2tablespoons toasted sesame seeds; processuntil sesame oil is incorporated (mostsesame seeds will remain intact).

- ☐ Transfersauce to 2-cup measuring cup. Season sauceto taste with salt and pepper. DO AHEAD: Dipping sauce can be made 1 day ahead.Cover and refrigerate.
- ☐ Coat grill rack with nonstick spray;prepare barbecue (medium heat). Threadjalapeño chile halves onto 2 metal skewers,dividing equally. Thread garlic cloves ontoanother metal skewer, spacing slightlyapart.
- ☐ Place jalapeño and garlic skewers onplate and set aside.
- ☐ Remove lamb from marinade and placeon prepared grill with some marinade stillclinging to surface (discard marinade indish). Grill lamb until meat is cooked todesired doneness, about 15 to 20 minutesper side for medium (if lamb begins to burn,slide large sheet of heavy-duty aluminumfoil underneath and continue to grill).
- ☐ Transfer lamb to work surface and letrest 10 minutes.
- ☐ While lamb rests, grill jalapeños, garlic,and trimmed green onions until slightlycharred and tender, 3 to 4 minutes per side.
- ☐ Transfer to work surface.
- ☐ Place kochujang (hot pepper paste) insmall bowl. Stir dipping sauce and divideamong 8 small dishes. Arrange butterlettuce leaves on large serving platter tocover. Thinly slice grilled lamb and arrangeover lettuce leaves.
- ☐ Cut garlic cloveslengthwise in half.
- ☐ Cut green onions into2-inch pieces. Arrange jalapeños, garlic,and green onions around lamb.
- ☐ Sprinkleremaining 2 tablespoons toasted sesameseeds over lamb.
- ☐ Serve grilled lamb andvegetables with hot pepper paste. Allowguests to spread very small amounts ofkochujang over lettuce leaves, arrangelamb and vegetables in lettuce leaves,then wrap filling with lettuce leavesand dip into sauce.

## Nutrition Facts



## Properties

Glycemic Index:46.86, Glycemic Load:5.43, Inflammation Score:-8, Nutrition Score:30.051738987798%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg  
Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg,  
Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg  
Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.3mg,  
Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:  
0.05mg, Myricetin: 0.05mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

**Nutrients (% of daily need)**

Calories: 378.42kcal (18.92%), Fat: 15.55g (23.93%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 15.08g (5.03%),  
Net Carbohydrates: 12.42g (4.52%), Sugar: 8.51g (9.46%), Cholesterol: 114.26mg (38.09%), Sodium: 927.96mg  
(40.35%), Alcohol: 2.41g (100%), Alcohol %: 0.98% (100%), Protein: 40.28g (80.56%), Vitamin B12: 4.82µg (80.34%),  
Vitamin K: 70.28µg (66.93%), Selenium: 44.5µg (63.57%), Vitamin B3: 12.42mg (62.09%), Zinc: 7.46mg (49.72%),  
Vitamin C: 36.62mg (44.39%), Phosphorus: 419.33mg (41.93%), Vitamin B2: 0.54mg (31.51%), Iron: 5.01mg (27.81%),  
Vitamin B6: 0.54mg (27.24%), Copper: 0.48mg (23.97%), Vitamin A: 1131.39IU (22.63%), Potassium: 782.93mg  
(22.37%), Vitamin B1: 0.33mg (22.3%), Folate: 83.44µg (20.86%), Magnesium: 83.01mg (20.75%), Manganese:  
0.41mg (20.43%), Vitamin B5: 1.48mg (14.84%), Fiber: 2.66g (10.63%), Calcium: 87.14mg (8.71%), Vitamin E: 1.23mg  
(8.17%)