



Thai Beef Dolls



prep time
9 minutes



total time
20 minutes



servings
8 rolls

Ingredients

- 1 1/2 pounds/675 grams ground meat of choice ~ 19 protein servings
- black pepper
- 4 cloves garlic, chopped
- 1 tablespoon fresh grated ginger
- 1-3 teaspoons Chinese 5 spice
- 1/3 cup tamari or soy sauce
- 1/4 cup Thai chili sauce (see instructions below) ~ 4 carb servings
- 1/4 cup chopped green onions
- 4 Persian cucumbers, chopped ~ 2 veggie servings
- 2 cups cilantro, chopped ~ 2 veggie servings
- 1/2 cup Thai basil, chopped ~ 1/2 veggie serving
- 1/3 cup chopped roasted peanuts ~ 1.5 fat serving
- 8-10 flour tortillas, warmed ~ 8-10 carb servings
- chili paste, for serving
- toasted sesame oil, for serving

 quick dinner

Instructions

- 1 In a large skillet, cook the beef with black pepper over medium heat, breaking up the meat as it cooks until browned, about 5 minutes.
- 2 Add the garlic, ginger, and Chinese 5 spice, and then cook for another minute. Add the tamari and sweet Thai chili sauce.
- 3 Bring the mixture to a simmer and cook until the sauce coats the beef, 3-5 minutes. Stir in 2 tablespoons of chopped green onions. remove from the heat.
- 4 Place one tortilla at a time in the microwave for 15 seconds. Spoon the beef down the center, then top with cucumber, cilantro, basil, green onion, and peanuts. Fold the tortilla over the filling. Then fold the sides and ends of the tortillas over the filling and roll forward. Repeat with remaining ingredients.
- 5 Serve warm with extra soy, chili paste, and toasted sesame oil for dipping.



Homemade Sweet Thai Chili Sauce:

- Mix 1/3 cup honey
 - 2 tablespoons ketchup
 - 1-2 tablespoons chili sauce
 - 2 teaspoons lime zest
 - 2 tablespoons lime juice
 - 1 tablespoon rice vinegar
 - 2 teaspoons tamari or soy sauce
 - 1 tablespoon grated ginger
 - 1 clove grated garlic in a glass jar.
- Shake or stir well. Use as directed.

Whole Recipe Breakdown:

19 Servings Protein
12-14 Servings Carb
1.5 Servings Fat
4.5 Servings Veggies

