

Egg Roll in a Bowl

Serves: ~3 people

INGREDIENTS:

- 1/2 white onion, diced
- 2 garlic cloves, minced
- 1 lb Organic ground turkey or natural pork
- 1, 10-12 oz Bag Cabbage Slaw
- 2 Carrots, diced
- 1/4 cup Coconut Aminos (soy sauce alternative)
- 1 tsp fresh ginger, diced
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Sesame Oil
- Few shakes of Black Pepper
- Pinch of Red Pepper Flakes *optional for spice
- 1 tbsp sunflower or pumpkin seeds

Add : Broccoli, thinly sliced brussels, cauliflower/cauli-rice or regular rice

To top: Lettuce cups, green onion, sesame seeds



INSTRUCTIONS:

Serving size: 1.5 cups meat/veggie mixture + 1/2 cup rice (if you choose) + added extra non-starchy veggies

1. If making regular rice, start by reading the packaged directions!
2. Heat a skillet on the stove top and add in the diced onion. Cook for 2-3 minutes. Add 2 tsp avocado oil if needed.
3. Add your meat of choice, breaking up with a spatula, cooking until it's almost done/ no longer pink.
4. Add in the sesame oil, Apple Cider Vinegar, Coconut Aminos, Garlic, Ginger, Carrots and Slaw (+ any other veggies). Mix well until it's all combined. Cook until cabbage is starting to wilt and meat is fully cooked through. Season with salt, pepper and red pepper flakes to taste.
5. Remove from the heat and top with green onion and sesame seeds.

Note: serve with extra veggies or rice.

Note: add the sunflower seeds or pumpkin seeds on top.