EGG ROLL IN A BOWL

Bringing take-out to your own kitchen! This recipe takes your favorite ingredients inside an egg roll and puts them in a bowl. Yes, please!
We put various swaps within the recipe so you can adapt based on what you have!

Ingredients:

- 3T coconut aminos or low-sodium soy sauce
- 1 tsp cornstarch or arrowroot starch
- 16 oz lean ground turkey (or beef, chicken) to make vegetarian, swap crumbled extra-firm tofu (press it dry first)
- 8 oz baby bella mushrooms (any mushrooms will do)
- 3 cloves garlic, minced
- 1 small bunch green onions — divided
- 1T oil (canola, coconut, grapeseed, macadamia, avocado oil)
- 1 (12-ounce) bag broccoli coleslaw
- 1 cup grated carrots — freshly grated from peeled carrots or store-bought
- 1T fresh ginger, minced
- 1T rice vinegar
- 2 tsp chili paste or hot sauce of choice — plus additional to taste
- 2 tsp sesame oil
- 1/4 tsp ground black pepper



Directions:

1. In a medium mixing bowl, whisk together 1T aminos or soy sauce and cornstarch with a fork. Add your protein of choice, breaking apart the meat and stirring to coat with the sauce. Let marinate 10 minutes.

2. Meanwhile, chop the mushrooms finely and mince the garlic. Thinly slice the green onions. If any of your other ingredients are not yet prepped, do it now.

3. Heat a wok or large, deep sauté pan over high heat. Add the oil and swirl to coat. Add the marinated turkey and cook, breaking apart the meat into small bits with a heatproof spatula, until it's fully cooked through. Add the green onions (reserve a small handful for serving) and mushrooms and cook until the mushrooms soften, about 2 additional minutes.

4. Reduce the heat to medium low. Add the broccoli coleslaw, carrots, ginger, and garlic. Stir-fry for a few minutes, until the vegetables are softened.

5. Add the rice vinegar, chili paste, sesame oil, black pepper, and remaining 2T aminos or soy sauce, then stir to combine. Continue to cook for 1 additional minute. Taste and add additional soy sauce, hot sauce, or black pepper as desired.

6. Scoop into serving bowls (over brown rice, quinoa, or cauliflower rice, if desired).

7. Serve hot, sprinkled with additional green onions.

8. Makes 4 servings.

NUTRITION PER SERVING:

Amount per serving (about 1 1/2 cups) — Calories: 281, Fat: 15g, Saturated Fat: 4g, Cholesterol: 80mg, Carbohydrates: 13g, Fiber: 3g, Sugar: 4g, Protein: 27g