Egg Roll In A Bowl



Scan Code To Watch Video!



Recipe by: Laura Vitale

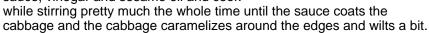
Serves 4

Prep Time: 15 minutes Cook Time: 15 minutes

Ingredients

- __1 lb of Ground Pork or Beef, Chicken, or turkey
- __2 Tbsp of Light Olive Oil or any other neutral oil
- __1 lb of Cabbage, thinly sliced or Coleslaw Mix
- __1 Small yellow onion, thinly sliced
- __3 Cloves of Garlic, minced
- __1 Tbsp of Ginger paste or chopped ginger
- __5 Tbsp of Low Sodium Soy
- __1 Tbsp of Water
- __1 tsp of Srirarcha or a heavy pinch of hot pepper flakes
- __1 Tbsp of Rice Vinegar
- __1 Tbsp of Toasted Sesame Oil
- __Sesame seeds, for serving
- __Chopped scallions for serving

- 1) In a really large skillet, add the oil, preheat it over high heat until sizzling, add the beef (or protein of your choice) break it up as much as you can and allow it to cook until fully cooked through. Note: if your beef renders too much fat, discard all but about 1 Tbsp.
- 2) Add the onion, garlic and ginger and cook for a couple minutes, then add the cabbage along with the soy, water, hot sauce, vinegar and sesame oil and cook



3) Serve with some sesame seeds and scallions sprinkled on top and enjoy!

