

Egg Roll In A Bowl



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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 Sriracha 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 while stirring pretty much the whole time until the sauce coats the cabbage and the cabbage caramelizes around the edges and wilts a bit.

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

