



## Egg Roll in a Bowl

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 15 MINS

### INGREDIENTS

- 1 lb. raw 90-93% lean ground turkey or chicken
- 1/4 cup low-sodium soy sauce or coconut aminos
- 2 tsp. toasted sesame oil
- 1 small yellow onion, chopped
- 3 cloves garlic, minced
- 2 tsp. fresh ginger, minced
- 2 cups sliced mushrooms
- 4 green onions, sliced
- 1 14 oz. package coleslaw mix
- 1 tbsp. rice vinegar
- 1-2 tsp. chili paste or Sriracha
- 1/2 cup fresh coriander, chopped
- sesame seeds, 1 red jalapeno thinly sliced, and chopped cilantro, for garnish

### DIRECTIONS

1. In a medium mixing bowl, add 1 tablespoon of soy sauce and the turkey, breaking apart the meat and stirring to coat with the sauce. Let marinate for 10 minutes.
2. Meanwhile, chop the mushrooms very 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 sesame oil and swirl to coat. Add the marinated turkey and cook, breaking the meat into small bits with a heatproof spatula or fork, until it's no longer pink and fully cooked through, about 5 minutes then add the onions, ginger, and garlic, sauté for a further 5 minutes.
4. Add the green onions (reserve a small handful for serving) and mushrooms.
5. Cook until the mushrooms soften, about 2 additional minutes.
6. Reduce the heat to medium-low. Add the coleslaw to the mixture and stir-fry for 2 minutes, until the vegetables are softened.
7. Add the rice vinegar, chili paste, and remaining soy sauce and coriander, stir to combine. Continue to cook for 1 additional minute.
8. Taste and add additional soy sauce, hot sauce, or black pepper as desired. Scoop into serving bowls (over brown rice, quinoa, or cauliflower rice if desired). Serve hot, sprinkled with additional green onions, sesame seeds, and sliced jalapenos.

### NUTRITION

Serving size: 1 serving (273g)  
 (per serving) 290 calories, 12g fat, 3g saturated fat, 85mg cholesterol, 620mg sodium, 21g carbohydrate, 5g fiber, 10g sugar, 25g protein