

#LetsCook30

EGG ROLL BOWLS

Servings: 4

Ready in about: 25 minutes

1 tbsp	vegetable oil
1 medium clove	garlic, minced
1 tbsp	fresh ginger, minced
1 lb	ground chicken, pork or beef
1 tbsp	sesame oil
1/2 medium	onion, thinly sliced
1 large	carrot, shredded (about 1 cup)
1/4 medium	cabbage, thinly sliced
1/4 cup	soy sauce
1 tbsp	Sriracha or hot sauce
1	green onion, thinly sliced
1 tbsp	sesame seeds (optional)

Nutrition Tips

To reduce the saturated fat and salt in this recipe, we used:

- Lean ground chicken
- Reduced sodium soy sauce

INSTRUCTIONS:

1. In a large deep frying pan heat oil over medium heat, Add garlic and ginger and cook until fragrant, 1 to 2 minutes. Add chicken and cook until no pink remains.
2. Push chicken to the side and add sesame oil. Add onion, carrot, and cabbage. Stir to combine with meat and add soy sauce and Sriracha. Cook until cabbage is tender, 5 to 8 minutes.
3. Transfer mixture to a serving dish and garnish with green onions and sesame seeds if using. Serve.

TIP:

If you would like to speed things up even more, replace the cabbage and carrot with 2 ½ cups prepared coleslaw.

Source: Eggroll Bowls. delish.com. Accessed 2019

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