

Egg Roll In A Bowl

It's perfect for a quick weeknight meal OR as a meal prep lunch!

TIP: If you are super busy, you can pick up some precooked frozen rice (brown or cauliflower) or quinoa at the grocery store – or cook up a batch during the weekend to keep on-hand in the fridge for a quick meal.

(serves 4)

16 oz (455 g) lean ground turkey or tofu (drained & cut into cubes)
3 Tbsp coconut aminos, divided
1 Tbsp avocado oil
2 12 oz (340 g) bags broccoli slaw
2 cloves garlic
1 Tbsp fresh ginger
1 Tbsp rice vinegar
2 tsp hot sauce
2 tsp sesame oil
To serve: 2 cups (350 g) cooked rice or quinoa

Place the turkey or tofu in a mixing bowl and add 1 Tbsp of coconut aminos, stirring to break up the meat and combine. Let sit for 10 minutes.

Heat a large skillet over medium-high heat. Add the oil. Add the turkey or tofu and cook, further breaking apart the meat into small bits, for about 5 minutes, until it is fully cooked.

Reduce the heat to medium-low. Add the broccoli slaw, garlic, and ginger and stir fry for 2-5 minutes, until the vegetables reach your desired level of softness.

Add the rice vinegar, hot sauce and sesame oil, black pepper, and remaining 2 Tbsp of coconut aminos, stirring to combine. Continue to cook for 1-2 more minutes. Taste and adjust seasonings.

Serve hot over ½ cup (88 g) of rice or quinoa.

