

Egg Roll In a Bowl

(from “All the Healthy Things”)

Ingredients:

- 1 pound ground chicken (or any meat)
- 1 ½ tbsp minced ginger
- 4 cloves garlic, minced
- 4 cups coleslaw mix (shredded green cabbage, purple cabbage, and carrots)
- ¼ cup green onion (plus more for garnish)
- ¼ cup soy sauce
- 1 ½ tablespoons sesame oil
- ½ tablespoon rice vinegar
- 1 teaspoon red pepper flakes
- Salt & pepper to taste

For the Spicy Mayo

- ½ cup lite mayo
- ½ tablespoon rice vinegar
- 2–3 tablespoons sriracha (start with two and add another tablespoon for more heat)
- Juice of one lime
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil



Instructions:

- 1) Heat a large skillet. Once the skillet is hot, add the minced ginger & garlic. Saute for about a minute until fragrant.
- 2) Add the chicken to the skillet and season with salt and pepper. Cook until it is brown, a little crispy, and most of the fat and liquid has evaporated from the skillet.
- 3) While the meat is cooking...
 - whisk together the soy sauce, sesame oil, rice vinegar, and red pepper flakes
 - mix together spicy mayo ingredients
- 4) Once the chicken is cooked, add in the coleslaw mix, green onion and soy sauce mixture. Saute until the veggies just begin to wilt and remove the skillet from the heat.
- 5) Serve in a bowl or in a low carb tortilla, drizzle with mayo sauce

ENJOY!!

