

Egg Roll in a Bowl

**Prep:**

10 mins

Total:

30 mins

Sirve:

6 - 1 cup servings

Pieza:

Saladmaster Food Processor
12" Electric Oil Core Skillet

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

When you're craving Chinese take-out but don't want the added carbs and calories, this is the perfect meal for you! Egg roll in a bowl is just that, all of the delicious ingredients that are in an egg roll, but instead of being fried in a wrapper, it's served in a bowl for a healthier alternative. You can easily customize this recipe by adding your own protein and additional vegetables to it. Serve warm and top with sesame seeds and green onions.

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green cabbage, sliced, use Cone #4
2 medium
carrots, shredded, use Cone #1
1 lb
ground pork
1/4 cup
soy sauce, low sodium
2 tbsp
chicken stock, low sodium
1 tbsp
garlic, shredded, use Cone #1
1/2 tbsp
ground ginger
2 tbsp
sriracha hot sauce
1 tbsp
sesame oil
2 tbsp
green onion, minced
1 tsp
sesame seeds (optional)

Preparación :

1. Preheat skillet to 250°F/120°C for approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. Add the ground pork. cover and cook for 10 -15 mins until pork has cooked through. Drain excess oil, if necessary.
3. Add soy sauce, chicken stock, garlic and ginger to the skillet and combine. Cover and cook an additional 2 minutes to allow the garlic to cook through.
4. Add the cabbage, carrots, green onion and sesame oil and combine. Cover and cook for 5 minutes or until the vegetables are cooked to your preference.
5. Serve warm. Garnish with sesame seeds, green onions and hot sauce, if desired.

Información nutricional por ración

▼
Calorías: 262
Grasa Total: 18g
Grasa 6g
Saturada:
Colesterol: 54mg
Sodio: 595mg
Carbohidratos: 11g
Fibra 3g
Dietética:
Azúcar: 5g
Proteína: 15g