

## Egg Roll in a Bowl

Serves 4

### Ingredients

#### STIR FRY SAUCE

- ¼ cup low sodium soy sauce
- 2 Tbsp sesame oil
- 1 Tbsp sriracha\*
- 1 Tbsp brown sugar

#### STIR FRY

- 1/2 head green cabbage (4-6 cups)
- 2 carrots
- 3 green onions
- 1/2 Tbsp olive oil
- 450g extra lean ground beef
- 2 cloves garlic
- 1 Tbsp fresh grated ginger
- Pinch of salt and pepper

#### GARNISHES (optional)

- 1 Tbsp sesame seeds
- 1 Tbsp green onion
- 1 tsp Sriracha

### Instructions

1. Prepare the stir fry sauce first. In a small bowl stir together the soy sauce, sesame oil, sriracha, and brown sugar. Set the sauce aside.
2. Shred the vegetables so they are ready to go when you need them. Cut one small cabbage in half, remove the core, and then finely shred the leaves of one half the cabbage (4-6 cups once shredded, save the other half for another recipe). Peel two carrots, then use a cheese grater to shred them (1 cup shredded). Slice three green onions. Mince two cloves of garlic. Grate the ginger using a small-holed cheese grater.
3. Heat a large skillet over medium heat. Once hot, add the oil, ground beef, garlic, ginger, and a pinch of salt and pepper. Cook the beef until browned (about five minutes).
4. Add the cabbage and carrots to the skillet and continue to stir and cook until the cabbage is slightly wilted (or fully wilted, if you prefer). Stir in the prepared sauce and the green onions. Top with a sprinkle of sesame seeds, more green onions and a drizzle of sriracha, then serve with rice!

Note: 1 Tbsp sriracha makes a medium-spicy stir fry. If you don't like spicy, I'd start with 1 tsp. The sriracha adds flavor as well as heat, so I don't suggest skipping it all together.

Recipe adapted from: [Beef and Cabbage Stir Fry - Budget Bytes](#)



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