



EGG ROLL IN A BOWL

★★★★★ 4.68 from 240 votes

This Egg Roll in a Bowl comes together in 15 minutes and is packed with protein and flavor. Made with either ground pork or beef, cabbage, garlic, ginger, sesame oil, soy sauce, and green onions.

☐ *prep time:* **5 MINS** ☐ *cook time:* **10 MINS** ☐ *total time:* **15 MINS**

☐ *servings:* **4 SERVINGS**

INGREDIENTS

- 1 lb ground beef or pork
- 1 teaspoon minced garlic
- 14 ounces shredded cabbage or coleslaw mix
- 1/4 cup low-sodium soy sauce, or liquid aminos
- 1 teaspoon ground ginger
- 2 teaspoons sriracha
- 1 whole egg
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

INSTRUCTIONS

1. In a large skillet, brown the pork or beef until no longer pink. Add the garlic and sautee for 30 seconds. Add the cabbage/coleslaw, soy sauce, ginger, and sautee until desired tenderness. You can add a little water if you need more liquid to sautee the coleslaw down.
2. Make a well in the center of the skillet and add the egg. Scramble until done over low heat.
3. Stir in sriracha. Drizzle with sesame oil and sprinkle with green onions. Add additional soy sauce and sriracha if desired.

NOTES

This recipe yields 4 servings. Divide the pan in 4 to figure out serving or weigh it and divide by 4. Weight will vary for each person that makes it depending on brand or type of meat.

NUTRITION INFORMATION: *servings: 1serving, calories: 327kcal, carbohydrates: 7g, protein: 25g, fat: 22g, saturated fat: 8g, polyunsaturated fat: 2g, monounsaturated fat: 9g, trans fat: 1g, cholesterol: 118mg, sodium: 735mg, potassium: 587mg, fiber: 3g, sugar: 3g, vitamin a: 160iu, vitamin c: 38mg, calcium: 70mg, iron: 3mg*

❑ *course:* **ALL RECIPES** ❑ *author:* **CHRISTY DENNEY**

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