

# From our kitchen to yours



## Egg Roll in a Bowl

**TOTAL TIME: 30 mins**

*Courtesy of Well Plated*

### Ingredients:

3 Tbsp	Low sodium soy sauce, divided	340g	Bag, broccoli coleslaw
1 tsp	Cornstarch	1 cup	Grated carrots
454g	Lean ground turkey	1 Tbsp	Ginger, minced
225g	Cremini mushrooms	1 Tbsp	Rice vinegar
3 cloves	Garlic	2 tsp	Sambal Oelek
1 bunch	Green onions	2 tsp	Sesame oil
1 Tbsp	Canola oil	¼ tsp	Ground black pepper

### Directions:

In a medium mixing bowl, whisk together 1 Tbsp soy sauce and cornstarch with a fork. Add the turkey, breaking apart the meat and stirring to coat with the sauce. Let marinate 10 minutes.

Meanwhile, chop the mushrooms very finely and mince the garlic. Thinly slice the green onions.

Heat a large, deep sauté pan over high heat. Add the oil and swirl to coat. Add the marinated turkey and cook, breaking apart the meat into small bits until it is no longer pink and is fully cooked through, about 5 minutes. Add the green onions (reserve a small handful for serving) and mushrooms and cook until the mushrooms soften, about 2 minutes.

Reduce the heat to medium low. Add the broccoli coleslaw, carrots, ginger and garlic. Stir-fry for 2 minutes, until the vegetables are softened.

Add the rice vinegar, chili paste, sesame oil, black pepper and remaining 2 Tbsp soy sauce, then stir to combine. Continue to cook for 1 additional minutes. Taste and add additional soy sauce, hot sauce or black pepper as desired.

Serve hot, over rice, sprinkled with additional green onions.

