

# Chicken Egg Roll in a Bowl

This dish offers a quick, healthy twist on a classic egg roll. The fragrant aromatics (onions, garlic, and ginger) add a familiar flavor to this classic food. Bag coleslaw or broccoli mix makes prep time super easy. Feel free to add peppers, chilis, or hot sauce to up the heat. Serve with a side of brown rice to create a well-rounded meal. Looking for a vegan version? Check out our Mushroom Egg Roll in a Bowl recipe.

Serves 4

Serving size: 1/4 recipe

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

## Ingredients

- 1/2 Tablespoon olive oil
- 1 pound ground chicken breast (or use lean ground turkey, pork, or beef)
- 1/2 onion, diced
- 1½ teaspoons fresh ginger, minced or grated
- 2 cloves garlic, minced
- 2 carrots, peeled and shredded (about 1 cup)
- 1, 14-ounce bag coleslaw or broccoli slaw mix
- 3 Tablespoons low-sodium soy sauce
- 1 Tablespoons rice vinegar
- 1 teaspoon toasted sesame oil (optional)
- 2 green onions, sliced

## Directions

1. Heat olive oil in a large pan until hot, then add and cook protein.
  - a. For deeper flavor, place ground chicken into pan and press until it covers the bottom of the pan. Do not touch for at least 5 minutes. This allows a slight crust to develop on the meat. After about 5 minutes, break meat up and heat until cooked through.
2. Transfer to a bowl and set aside
3. Add onion and cook until softened slightly, about 2 minutes
4. Add ginger and garlic, stirring until fragrant, about 1 minute
5. Stir in carrot and coleslaw mix, cooking until slightly softened, about 2 minutes
6. Add cooked ground chicken back in.
7. Add soy sauce, rice vinegar, and sesame oil, if using. Stir until everything is thoroughly coated in the sauce.
8. Cook until cabbage and carrots are starting to soften.
9. Top with green onions and serve.



## Nutrition Facts

4 Servings Per Container  
Serving Size **1/4 recipe**  
(332g)

Amount Per Serving  
**Calories 270**

% Daily Value \*

<b>Total Fat</b> 12g	<b>16%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 460mg	<b>20%</b>
<b>Total Carbohydrates</b> 16g	<b>6%</b>
Dietary Fiber 6g	<b>20%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 3.3mg	20%
Potassium 1500mg	30%
Phosphorus 240mg	20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.