EGGROLL IN A BOWL

ALL THE DELICIOUS FLAVORS OF YOUR FAVORITE APPETIZER, BROUGHT TOGETHER IN THIS BETTER-FOR-YOU BOWL!
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TOTAL SERVINGS: 4 | PREP TIME: 15 MIN. | COOK TIME: 15 MIN.

INGREDIENTS:
1 tablespoon grapeseed oil
½ cup red onion diced
1 tablespoon minced garlic
1 tablespoon finely minced ginger
1 pound ground pork
2 teaspoons sriracha
1 (16oz) bag coleslaw mix
1 red bell pepper, sliced thinly
½ cup matchstick carrots
3 tablespoons low-sodium soy sauce (or liquid aminos)
1 teaspoon sesame oil
1 tablespoon rice wine vinegar
¼ teaspoon black pepper
Salt to taste

OPTIONAL FOR GARNISH:
Green onions, sliced
Black sesame seeds
Wonton strips

OPTIONAL SAUCES:
SWEET: Drizzle with hoisin or duck sauce
SPICY: Drizzle with sriracha, hot sauce, or sweet chili garlic sauce
CREAMY: Mix together Greek yogurt, sriracha, lime juice and salt, to taste

DIRECTIONS:
1. Heat grapeseed oil in a large skillet over medium heat. Add red onion, cook 2-3 minutes. Add garlic and ginger. Cook until fragrant, about 1-2 minutes. Add ground pork and sriracha. Cook and crumble until pork is cooked through, about 7-10 minutes.
2. Add coleslaw mix, red bell pepper, carrots, soy sauce, sesame oil, rice wine vinegar, black pepper, and salt, to taste, and stir until well combined. Cook, stirring occasionally, until cabbage is tender, about 5 minutes.
3. Spoon pork-cabbage mixture in to a serving bowl. Drizzle with sauce of choice and garnish, if desired.

NUTRITION FACTS PER SERVING: (sauces & garnish not included)
Calories 413, Total Fat 29g (Saturated Fat 10g) Cholesterol 82mg, Sodium 586mg, Total Carb 16g (Dietary Fiber 5g, Sugars 8g) Protein 23g, Vitamin D 0%, Calcium 9%, Iron 12%, Potassium 15%

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