



EGG ROLL IN A BOWL

1 lb (.454 kg) ground beef or ground chicken

1 Tbsp. butter (or oil of choice)

Salt and pepper, to taste

1 Tbsp. **YGY Easy Eats™ Sesame Ginger Blend** (optional: add extra 2 tsp. to sauce)

½ onion, chopped

2 carrots, peeled and julienned

3 cups coleslaw mix or shredded cabbage mix

¼ cup low-sodium soy sauce / coconut aminos

2 tsp. honey /maple syrup, optional

2 tsp. sesame oil, optional

1 tsp. chili flakes, optional

Optional sides/garnish: Cooked rice and green onions, chopped

Melt butter in large wok or skillet over medium- high heat. Season meat with salt, pepper, and seasoning blend. Add to wok and cook 7 minutes, or until cooked through. Stir in onion and carrots, cooking until they start to soften (about 7 minutes). Toss in the coleslaw mix and stir to combine. Whisk together remaining ingredients and pour sauce into wok. Cook 3-5 more minutes, or until the cabbage is tender-crisp. Serve over a bed of cooked rice; add garnish and enjoy!

