

Treasure Barrel

# Easy Egg Roll in a Bowl - Low-Carb Recipe

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| **5 min**<br>Prep time | **15 min**<br>Cook time | **20 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Asian-Inspired**<br>Cuisine |

## Ingredients

### For the Bowl

- [ ] 1 tbsp sesame oil
- [ ] 1 lb ground chicken (or ground turkey)
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 (14 oz) bag coleslaw mix (shredded cabbage and carrots)
- [ ] 3 green onions, thinly sliced

### For the Sauce

- [ ] 1/4 cup low-sodium soy sauce (or tamari for gluten-free)
- [ ] 1 tbsp rice vinegar
- [ ] 1-2 tsp sriracha (optional, to taste)
- [ ] 1 tsp toasted sesame oil (for finishing)

### Optional Garnish

- [ ] Sesame seeds
- [ ] Extra sliced green onions
- [ ] Crispy wonton strips

## Instructions

1. First, let's get the pan ready. Place a large skillet or wok over medium-high heat and add your tablespoon of sesame oil. Let it get nice and hot; you'll see a little shimmer across the surface. Add the minced garlic and grated ginger, and just let them sizzle for about 30-60 seconds. Oh, the smell is just incredible! It's that first layer of flavor that makes the whole dish so fragrant and delicious. Be careful not to let them burn, you just want them to become aromatic.

2. Now, add the ground chicken to the skillet. Use a wooden spoon or spatula to break the meat apart into small crumbles. Spread it out in an even layer and let it cook, stirring occasionally, until it's nicely browned and cooked all the way through. This should take about 5-7 minutes. I like to let it sit for a minute or two without touching it to get some really nice caramelization on the meat—that's where so much of the savory flavor comes from. It's a small detail that makes a big difference.

3. Once the chicken is perfectly browned, it's time to create that yummy sauce right in the pan. Pour in the soy sauce, rice vinegar, and sriracha if you're using it. Stir everything together, scraping up any delicious browned bits from the bottom of the pan. Then, add the entire bag of coleslaw mix right on top. I know it looks like a lot, but trust the process! It will seem like an impossible amount of cabbage, but it wilts down beautifully.

4 Gently toss everything together, coating the cabbage and carrots in the sauce and mixing it with the ground chicken. Continue to cook, stirring frequently, for about 3-5 minutes, or until the cabbage has softened to your liking. I personally like it to still have a little bit of a crunch for texture. Right at the end, turn off the heat and stir in the sliced green onions and the toasted sesame oil. Serve it warm in bowls, garnished with a sprinkle of sesame seeds. It's just so comforting, similar to my cozy spaghetti squash dish.

## Nutrition per serving

| 385 kcal | 31 g | 14 g | 22 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Don’t be afraid to let the chicken get a good sear. That browning process, known as the Maillard reaction, is what creates a deep, rich, savory flavor that you just can't get otherwise. Let the meat sit undisturbed in the hot pan for a couple of minutes before you start breaking it up. This little moment of patience pays off in a big way for the final taste of the dish.
- The cook time for the cabbage is really up to you. If you prefer a softer, more tender texture, you can cover the skillet for a minute or two to let it steam and wilt down more. If you're like me and love that fresh, crunchy texture, just a few minutes of tossing it in the hot pan is perfect. Taste it as you go to find your ideal texture.
- This recipe is a wonderful base. Feel free to explore and add your own touches! A handful of chopped water chestnuts adds a wonderful crunch, or some edamame can boost the protein. A squeeze of lime juice at the end can also brighten up all the flavors beautifully. Cooking is about making things your own, so have fun with it. There are so many recipes to inspire you.