

SCRUMPTIOUS EGG ROLL IN A BOWL (PALEO & AIP)

*This deconstructed egg roll makes a perfect quick-and-easy dinner.
Hands down, this makes the top 5 of my favorite easy one-pan meals!*



By Karrie Billets, Functional Nutrition Coach

INGREDIENTS

- 2 tablespoons coconut oil
- 2 tablespoons sesame oil (or sub with more coconut oil for sesame-free)
- 1 1/2 pounds ground pork or chicken
- 1 bag shredded cabbage in the produce area of store
- 1 large onion, chopped
- 1 cup chopped carrots about 3-4 medium (use frozen as an alternative)
- 1-inch ginger grated
- 3 cloves garlic grated or diced
- 1/4 cup coconut aminos plus extra for serving
- 1/3 cup broth-optional (I like it more brothy, so tend to include it)
- 2-3 tsps. coconut sugar
- 2-3 Tbsp. apple cider vinegar

INSTRUCTIONS

Add the oils to a large skillet or wok and heat over medium heat.

Add the ground pork, beef, or chicken and break up with a spatula. Cook until fully cooked through, about 10-15 minutes

Add the cabbage, onion, and carrots and cook until tender, stirring often- about 15 to 30 minutes depending on how big your pan is. Add the ginger, garlic, and coconut aminos and cook for 5 more minutes. Adjust taste with vinegar with more or less of the above ingredients.

Stir regularly to evenly distribute. Make a double batch to have some to freeze, or enjoy leftovers for the week.



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