

Egg Roll Bowl



Discover our egg roll bowl, a quick and flavourful recipe that reimagines the classic Asian dish as a nutritious and delicious meal. Perfect for a weeknight dinner or as inspiration for your meal prep, it's the ideal choice for combining pleasure and balance.

Preparation 15 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 360

Fat 14

Carbohydrates 22

Fibre 5

Protein 37

Sodium 910

Ingredients

For the sauce:

- 75 ml (5 tbsp) of light soy sauce, divided
- 15 ml (1 tbsp) of tahini
- 15 ml (1 tbsp) of water
- 15 ml (1 tbsp) of cornstarch

- 15 ml (1 tbsp) of rice vinegar
- A few drops of hot sauce (Red Hot or Sriracha), to taste

For the bowl

- 10 ml (2 tsp) of sesame oil
- 450 g (1 lb) of ground turkey
- 2 carrots, grated
- 2 cloves of garlic, finely chopped
- 1 onion (or leek), chopped
- 1 coloured bell pepper, diced
- 1 397 g bag of coleslaw
- 30 ml (2 tbsp) of fresh ginger, chopped
- 2 mini bok choy, coarsely chopped
- Pepper, to taste
- Brown rice, to serve.

Preparation

1. In a small bowl, mix 1 tbsp of soy sauce with the other sauce ingredients.
2. In a non-stick skillet, cook the meat in the oil and add the onion and the rest of the soy sauce. Sauté for about 5 minutes.
3. Add the rest of the ingredients, except for the bok choy. Cook over medium heat, add the sauce, and continue cooking until the vegetables become tender but not too soft. Add the bok choy towards the end of cooking and season with pepper to taste before serving with a portion of brown rice.

Notes

Keeps for 2-3 days in the refrigerator or 3 months in the freezer.

You can use a whole red or green cabbage and vary the other vegetables based on what you have on hand.

The nutritional values are calculated without the rice



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