



**K-KITCHEN**  
MONTHLY RECIPES + NUTRITION COACHING

## Ingredients

- 1.5 lb ground meat of choice
- 1, 16 oz package of coleslaw or broccoli mix
- 6 cups chopped baby spinach
- 1 small yellow onion, diced
- 2t minced garlic
- 1/2t ground ginger
- 5T soy sauce or liquid aminos
- 1-2T sriracha sauce
- 1T sesame seeds
- 3T rice wine vinegar
- Salt and Pepper
- Cooked brown rice or quinoa

# Egg Roll in a Bowl

## Preparation

1. Brown meat. Add onion and cook until tender.
2. While meat is cooking, mix together soy sauce, ginger, onion powder, garlic, rice wine vinegar, sriracha sauce and set aside.
3. Once meat is cooked add coleslaw/broccoli and spinach to pan. Cover. Let cook ~ 5 min.
4. Add liquid mixture and stir until coleslaw is wilted. Salt and pepper to taste.
5. Add sesame seeds to the top and serve over rice or quinoa.

## Tips

Mix together the rice or quinoa into the egg roll mix if desired; usually 1-1.5c cooked grains

(this recipe was modified from Routine Reset)