



Unwrapped Turkey Egg Roll Bowl



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Each week, I try to make a recipe that doesn't involve chopping up meat and vegetables to make my #MealPrepSunday workload a little lighter. I tend to pick a ground meat, then find some frozen veggies and a marinade to create a simple stir-fry meal. This past week I decided to switch it up with these Unwrapped Turkey Egg Roll Bowls and they were a hit with the entire family!

Not only were they SUPER filling, but with the exception of cutting up some Green Onion with a pair of scissors, there's no prep work involved whatsoever! If I'm being honest, you could skip the Green Onion if you're feeling super lazy, but you'll definitely be missing out on some added flavor!

It took less than 30 minutes to get this meal from pan to plate, and I made sure to double it so I had leftovers for the week. I paired mine with a side of Whole30 Sweet & Sour sauce, but Hot Sauce would also work great if you're looking for a spicier bowl!

INGREDIENTS:

- 1 Lb Ground Turkey
- 1 Tbsp Coconut Oil
- 1/2 Cup Coconut Aminos
- 1/4 Cup Sesame Oil
- 2 Tbsp Rice Vinegar
- 1/2 tsp Chinese 5 Spice
- 1 Large Bunch of Green Onion, sliced thin
- 1 Tbsp Fresh Ginger, grated
- 2 Tbsp Garlic, minced
- 2 Bags of 12oz Slaw Mix of Choice (I used Broccoli Slaw)

INSTRUCTIONS:

1. In a small bowl, whisk together your Coconut Aminos, Rice Vinegar, Sesame Oil, & Chinese 5 Spice. Set aside.
2. Place a large frying pan over medium heat and add 1 Tbsp Coconut Oil. Once hot, add your sliced Green Onion and cook for 2-3 minutes. Add Fresh Ginger and Garlic and cook for an additional 1-2 minutes.
3. Next, add in your Ground Turkey and cook for 8-10 minutes, until no longer pink. Use a rubber spatula to break turkey up into bite size pieces.
4. Finally, add in your Broccoli Slaw & Sauce from earlier and increase heat to medium high. Cook for an additional 7-10 minutes, then remove from heat. Serve with your favorite sauce and Enjoy!

MAKES 4 SERVINGS

