



## Egg Roll in a Bowl with Ground Chicken

4 servings  
30 minutes

### Ingredients

- 2 tbsps Avocado Oil
- 1 Yellow Onion (medium, diced)
- 5 stalks Green Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 lb Extra Lean Ground Chicken
- 6 cups Coleslaw Mix
- 2 cups Bean Sprouts
- 1/4 cup Coconut Aminos

### Nutrition

Amount per serving	
Calories	407
Fat	26g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	21g
Fiber	6g
Sugar	10g
Protein	26g
Cholesterol	77mg
Sodium	667mg
Potassium	0mg
Calcium	100mg
Iron	2mg
Vitamin B12	0µg

### Directions

- 1 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

### Notes

**No Coconut Aminos**, Use tamari or soy sauce instead.

**Meat-Free**, Replace the ground meat with scrambled eggs or tofu.