

YIELD: 6

# KETO EGG ROLL IN A BOWL

Easy one-pan Keto Egg Roll in a Bowl recipe is delicious and low-carb. Packed with veggies and flavor, this recipe will quickly become one of your weeknight favorites!

**PREP TIME**

10 minutes

**COOK TIME**

15 minutes

**TOTAL TIME**

25 minutes



## INGREDIENTS

- 1 lb ground pork
- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves fresh garlic, minced
- 1 tbsp fresh ginger, minced
- 1 tbsp sesame oil
- 2 tbsp soy sauce, or tamari
- 1 tbsp Sriracha, or to taste
- 2 tsp rice vinegar
- 1 small cabbage, shredded
- 1 medium carrot, shredded
- 1/3 cup broth or water
- salt and pepper, to taste
- 2-3 green onion, chopped
- 2 tsp sesame seeds

## INSTRUCTIONS

1. Heat a large skillet over medium heat. Add olive oil and ground pork. Cook the pork until browned and cooked through.
2. Add the onions, garlic, and ginger to the pan. Stir well, and cook until softened and

translucent, about 5 minutes.

3. Add sesame oil, soy sauce, Sriracha, and rice vinegar, and stir well.
4. Add cabbage and carrot, and broth. Stir to coat. Cook, stirring regularly, for 5 minutes, until slightly softened. If you'd like more tender cabbage, cook 5 minutes more.
5. Garnish with green onions and sesame seeds.

**Nutrition Information: YIELD: 6**

*Amount Per Serving:* CALORIES: 380

*The nutrition information is provided as a courtesy and is approximate only. It was calculated by My Fitness Pal with the recommended brands and ingredients. All brands are different, so please verify the macros with your specific ingredients to ensure accuracy.*

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**CUISINE:** Asian / **CATEGORY:** Main Course

<https://greenandketo.com/keto-egg-roll-in-a-bowl-crack-slaw>

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