

## **VEGGIE-OR-NOT EGG ROLL BOWL**

*(slightly modified from [Inspired Edibles](#))*

*for the egg rolls:*

3 large carrots, sliced  
1 red bell pepper, chopped  
280 g premixed bag of coleslaw (about 4 cups)  
Large handful (about 1 cup) chopped fresh spinach  
3/4 pound plant-based crumbles/rehydrated TVP or ground turkey of choice  
sesame seeds for topping

*for the egg roll sauce:*

2 Tbsp olive oil  
2 Tbsp soy sauce or tamari  
1 Tbsp Chinkiang vinegar (Chinese vinegar)  
1 Tbsp fresh grated ginger  
1 round tsp Sriracha  
1 tsp hoisin sauce  
1 tsp Chinese five-spice powder  
¼ cup water

Combine the egg roll sauce ingredients in a container with fitted lid: olive oil, soy or tamari, vinegar, ginger, Sriracha, hoisin sauce, Chinese five-spice powder and ¼ cup water giving it a good shake to combine  
nb: it's good for sauce to gather flavor while you assemble/cook the rest of the ingredients (you can also make ahead and store in fridge).

Sauté carrots and red peppers in a large skillet with a little olive oil just until the carrots begin to soften. Add ground turkey (or hydrated TSP crumbles) saute for a couple of minutes, add half the sauce. If using turkey, cook until no longer pink. Add cabbage and spinach, cook a minute or two, add the remaining of the sauce. If the sauce/mixture appears too thick/dry add a little more water but not too much (you don't want to overly dilute the wonderful taste of the sauce). Continue mixing over heat until cabbage/spinach begin to wilt and mixture is warmed through. Great with rice, but excellent on its own.