

ASHLEY'S MEAL PREP MONDAY

CARTWRIGHT'S
MARKET

EGG ROLL IN A BOWL

1-1 1/2 lb ground turkey
3 TBSP coconut aminos
1 1/2 TSP cornstarch
8 ounces baby bella mushrooms thinly sliced
3 cloves garlic minced
1 small bunch green onion divided
1 TBSP oil
1 12 ounce bag coleslaw/cabbage/
broccoli mix (you choose)
1 cup grated carrots
(unless in the mix)
1 TBSP minced ginger
1 TBSP rice vinegar
2 TSP sesame oil
salt/pepper to taste
Optional - 2 TSP chili paste



In medium mixing bowl, whisk together 1 TBSP coconut aminos and cornstarch. Add the turkey breaking apart the meat and stirring to coat with the sauce. Let it marinate for about 10 minutes

Chop mushrooms very finely and mince garlic. Thinly slice the green onions and any of the other ingredients if they aren't prepared.

Heat a wok or large saute pan over high heat. Add oil and coat pan.

Add marinated turkey and cook, breaking apart the meat and cooking until no longer pink.

Add green onion (reserve a small amount for serving) and mushrooms. Cook roughly 2 minutes

Reduce heat to medium/low. Add broccoli/cabbage, carrots, ginger, and garlic. Stir-fry several minutes.

Add rice vinegar, sesame oil, salt/pepper, chili paste, and remaining coconut aminos. Continue to cook for a minute or so.

Taste and add additional aminos or hot sauce. Serve over rice, quinoa, or cauliflower rice with green onions and whatever sauce you want!

EGG ROLL IN A BOWL

