

EGG ROLL BOWL

INGREDIENTS FOR WOK

*WHEN POSSIBLE, USE ORGANIC OR LOCAL
GROWN PRODUCTS

- 2 BAGS CABBAGE OR SLAW MIX
- 1 BAGS BROCCOLI SLAW
- 1 BUNCH GREEN ONIONS
- HANDFUL OF SPROUTS
- 1 CUP FROZEN PEAS
- 1TBS MINCED GARLIC

INGREDIENTS FOR ASIAN SAUCE

- ½ CUP ORGANIC COCONUT AMINOS OR TAMARI
- ½ CUP GRADE-B MAPLE SYRUP (OR HONEY, COCONUT PALM, ETC.)
- ¼ CUP BRAGGS APPLE CIDER VINEGAR (OR RICE VINEGAR)
- 1-2 TBS TOASTED SESAME OIL
- 2 TSP ORGANIC GARLIC MINCED
- 2-4 TBS ORGANIC EVOO OR WATER TO DESIRED CONSISTENCY
- 1-2TBS TO TASTE SRIRACHA TO TASTE AND/OR PINCH OF CAYENNE FOR ADDED KICK (OPTIONAL)
- 1 TSP ORGANIC GINGER TO TASTE
- 1/2 TSP ORGANIC RED PEPPER FLAKES
- PINK SALT TO TASTE

DIRECTIONS

1. MIX ASIAN SAUCE INGREDIENTS IN A SMALL BOWL-SET ASIDE.
2. COAT WOK WITH EVOO & SAUTÉ WOK INGREDIENTS UNTIL DESIRED TENDERNESS.
3. LET'S GET SAUCY! ADD ENOUGH ASIAN SAUCE TO COAT MIXTURE. COMBINE WELL. SAVE THE REMAINING SAUCE FOR SALADS, DIPS, ETC.
4. SCOOP VEGGIE MIXTURE INTO SERVING BOWLS.
5. TOP WITH PEANUTS AND WONTONS. ENJOY!

