CHINESE · LUNCH · DINNER

High-Protein Egg Roll in a Bowl with Beef Mince

30 min · Serves 5 · 405 kcal a serve · Video 6:32 · Chef Jack Ovens

No dairy listed · No nuts listed

All the filling of an egg roll without the fried wrapper: about 37 g protein and 15 g net carbs a bowl, with cabbage, carrot and edamame adding fibre and vitamin C.

Diet notes: Paleo with a swap: coconut aminos instead of the low-sodium soy sauce, olive, avocado or coconut oil instead of the spray oil, leave out the frozen shelled edamame, leave out the mirin; Gluten-free with a swap: Use tamari instead of soy sauce, and check the mirin, to keep it gluten-free.

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Ingredients 16 · SERVES 5

- [ ] 12 oz **white cabbage**, finely shredded
- [ ] 12 oz **red cabbage**, finely shredded
- [ ] 3 **carrots** (medium to large), grated
- [ ] 6 **garlic** cloves, grated
- [ ] ½ oz peeled **ginger**, grated
- [ ] 4 **spring onions** (scallions), sliced, some greens kept to garnish
- [ ] ½ cup **frozen shelled edamame** (optional)
- [ ] ½ cup **low-sodium soy sauce**
- [ ] 2½ tbsp (2½ tbsp) **apple cider vinegar**
- [ ] 2 tsp (2 tsp) **sesame oil**
- [ ] 1 tbsp (1 tbsp) **mirin** (optional)
- [ ] 1 tsp **spray oil**
- [ ] 1¾ lb **lean beef mince** (about 5–10% fat)
- [ ] **salt**, lightly
- [ ] **ground white pepper**, to taste
- [ ] **sesame seeds** (black and white), to garnish (about 1½ tbsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Separate the cabbage leaves and slice both cabbages into thin ribbons. 0:38
2. Grate the carrots on the coarse side of a box grater, grate the garlic and ginger to a paste, and slice the spring onions. Toss the cabbages, carrot, spring onion and edamame together in a big bowl. 1:03
3. Whisk the soy sauce, apple cider vinegar, sesame oil and mirin, with a little white pepper if you like. 2:15
4. Heat a large high-sided pan over high heat, spray with oil and add the mince in one layer. Season lightly with salt and white pepper and sear about 3 minutes a side before breaking it up; cook until no longer pink. 2:46
5. Stir in the garlic and ginger paste for 1 minute until fragrant, then add all the vegetables. Let them sit a minute, then toss and cook 4–6 minutes until softened but still crunchy. 3:39
6. Pour in the sauce and toss over high heat for 1 minute. Check the seasoning, divide into 5 portions and top with sesame seeds and spring onion greens. 4:20

> **Tip** Keeps 3–4 days in the fridge or 4 months frozen; add a splash of stock when reheating. Use chicken, turkey or pork mince, or tofu for a vegetarian version.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
405 kcal 1,690 kJ	**38** g 75% of a day	**22** g 15 g net · 9.6 g sugars 8% of a day	**6.6** g 23% of a day	**19** g 5.8 g saturated 24% of a day	**1,260** mg 55% of a day

Energy from net carbs 16% · protein 40% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 122% · Vitamin K 99% · Vitamin C 81% · Zinc 75% · Vitamin B6 52% · Vitamin A 48% · Selenium 47% · Folate 37% · Iron 31% · Magnesium 23% · Potassium 22%

Source of (10–19%) Omega-3 13% · Calcium 12%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=twk9KjMdac4, published 8 December 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egg-roll-in-a-bowl-beef-meal-prep