



TURKEY EGG ROLL BOWLS

zucchini, cabbage, carrots, boom boom sauce, cashews

COOK TIME 25 MIN	SERVINGS 2	CALORIES PER SERVING 740	NET CARBS PER SERVING 19 GRAMS	MENU KETO // GLUTEN-FREE
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Want all the craveable flavors of an egg roll without the deep-frying? That's what our chefs had in mind when creating this quick-cooking dish. The base of the bowl is an umami-packed mixture of ground turkey and veggies stir-fried with our Thai-style seasoning and sesame-ginger amino sauce. But wait! More fun comes via the toppings. We're talking fried eggs, a drizzle of our boom boom sauce, and a sprinkle of roasted cashews for extra crunch. This is not your typical take-out dish!

INGREDIENTS (10 ITEMS)

- 1 whole **Yellow onion**
- 1 whole **Zucchini**
- ¼ oz **Garlic**
- 3½ oz **Cabbage & carrots**
- ¼ oz **Roasted cashews** T
- 10 oz **Ground turkey***
- 1 tsp **Thai-style seasoning**
- 1¼ oz **Sesame-ginger amino sauce** T
- 2 medium **Eggs** E
- ¼ oz **Boom boom sauce** E T

WHAT YOU'LL NEED

- medium nonstick pan
- large sauté pan
- measuring spoons
- cooking oil
- 1 tbsp butter M
- salt & pepper

ALLERGENS

- T TREE NUTS (cashews, coconut)
- E EGGS
- M MILK

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

Validated
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground turkey is fully cooked when it's no longer pink.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry and eggs. Consuming raw or undercooked poultry or eggs may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 **PREP**

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Slice remaining half into strips, about ¼ inch thick.
- Trim ends off **zucchini***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ½ inch thick.
- Mince **garlic**.
- Roughly chop **cabbage* and carrots** if necessary.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 **TOAST CASHEWS**

- Place **roasted cashews** in a dry, large sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **cashews** to a cutting board and allow to cool. Roughly chop.

3 **START STIR-FRY**

- Heat about 1 tablespoon cooking oil in pan used for cashews over medium-high heat. Add **ground turkey** and **onion** to hot pan. Season with **Thai-style seasoning**, ¼ teaspoon salt, and a pinch of pepper. Cook 1-2 minutes, or until onion is slightly softened and turkey is lightly browned, breaking up turkey into pieces.

4 **ADD ZUCCHINI**

- Add **zucchini** to pan. Cook 4-5 minutes, or until turkey is fully cooked and veggies are tender, stirring occasionally. Season with ¼ teaspoon salt and a pinch of pepper.

5 **FINISH STIR-FRY**

- Move **turkey and veggies** to sides of pan. Add **garlic, cabbage and carrots, sesame-ginger amino sauce**, and 1 tablespoon butter to center of pan. Stir to coat. Cook 1-2 minutes, or until cabbage and carrots are tender, stirring occasionally.
- Stir to combine all ingredients. Season with salt and pepper to taste.

6 **COOK EGGS**

- Heat about 1 tablespoon cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs reach desired doneness. Lightly season with salt and pepper.

7 **PLATE YOUR DISH**

- Divide **turkey and veggie stir-fry** between bowls. Top with **fried eggs**. Drizzle with **boom boom sauce** to taste. Garnish with **toasted cashews**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (508g)

Amount per serving

Calories **740**

	% Daily Value*
Total Fat 56g	72%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 370mg	123%
Sodium 1150mg	50%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 42g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 4mg	20%
Potassium 1024mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Ground Turkey [turkey], **Green Cabbage, Red Cabbage, Carrots, Zucchini, Yellow Onion, Garlic, Cashews** [cashews, canola and/or peanut and/or sunflower oil], **Egg, Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Boom Boom Sauce** (Avocado Oil Mayonnaise [avocado oil, organic certificated humane free range egg yolks, water, distilled vinegar, salt, lime juice concentrate, citric acid, lime oil], Hot Sauce [water, organic red bell peppers, organic onions, organic tomatoes (organic tomato puree [water, organic tomato paste], citric acid), organic white wine vinegar, sea salt, organic garlic powder, organic cayenne, xanthan gum], Lime Juice [lime], Puréed Ginger [ginger], Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Coconut Nectar [coconut tree sap], Crushed Red Pepper Flakes), **Thai-Style Seasoning** (Granulated Garlic, Dried Ginger, Sweet Paprika, Chinese Five-Spice Blend [black pepper, fennel, anise, clove, cinnamon], Ground Cumin, Ground Coriander)

Allergen information:

Contains Tree Nuts And Egg

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.