



Egg Roll in a Bowl

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

2

Description

You might think this was invented to avoid all of that timeconsuming wrapping and messy deepfrying but it wasnt It was invented by the keto people because they cant eat egg roll wrappersbut this guy can So instead of whats really egg roll filling in a bowl were doing the real thing in all of its tasty and textural glory Garnish with more green onions if desired

Ingredients

— - 6 (3.5 inch square) wonton wrappers - 2 teaspoons vegetable oil - 3 ½ cups shredded green cabbage - 1 cup julienned carrot - ¼ cup julienned red bell pepper - ? cup thinly sliced green onions - 2 cloves garlic

— finely minced - 2 tablespoons soy sauce - 1 tablespoon rice vinegar - 1 tablespoon sake - ¼ teaspoon sesame oil - 1 teaspoon white sugar - ½ teaspoon freshly grated ginger - 1 pinch cayenne pepper - ¼ teaspoon white pepper - 1 teaspoon ketchup - ½ teaspoon cornstarch - ½ pound ground pork

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Cut wonton wrappers into 1/4-inch strips. Transfer cut wonton wrappers to a baking pan and toss with oil. Spread out evenly. Bake in the preheated oven until browned
2. about 12 minutes. Let cool and reserve. Combine cabbage
3. carrot
4. bell pepper
5. green onions
6. and garlic for the bowl. Set aside. Mix soy sauce
7. rice vinegar
8. sake
9. sesame oil
10. sugar
11. ginger
12. cayenne
13. pepper
14. ketchup
15. and cornstarch together for sauce in a bowl and reserve. Add pork to a large skillet set over medium-high heat. Brown the meat well
16. while breaking up into small crumbles as it cooks
17. 5 to 7 minutes. Add the vegetable mixture and toss with the meat to combine. Cook
18. stirring
19. just until the veggies start to soften
20. about 2 minutes. Stir in the sauce and toss everything to combine. Cook and stir until the sauce has coated everything evenly
21. and the vegetables are cooked to desired doneness
22. 1 to 2 minutes more. Serve in a bowl with crispy wonton strips on top. Unknown Chef's Notes You can deep-fry the wonton strips instead of baking them; however
23. it'll be messier. You can use any vegetables you like in the bowl. You can substitute turkey or beef for the pork. If using lean meat like turkey
24. add a tablespoon of oil to the pan before the crumbling and browning step. You can use Chinese rice wine
25. dry sherry
26. or white wine instead of sake
27. and black pepper instead of white for the sauce.