

INSIDE-OUT CHICKEN AND VEGGIE SPRING ROLL BOWLS | PALEO

LET'S WOK IT OUT! YOU KNOW THOSE DEEP-FRIED SPRING ROLLS, THIS RECIPE TURNED IT INSIDE-OUT, AND MAKES A MEAL OUT OF THE HEALTHY CABBAGE AND CHICKEN FILLING. THE SWEET-AND-SOUR SAUCE ADDS ANOTHER LEVEL OF FLAVOR! MAKE THIS VEGETARIAN WITHOUT THE CHICKEN - THIS RECIPE IS FILLING ENOUGH WITHOUT IT.

SERVES 4-6

INGREDIENTS

SPRING-ROLL

- 2 tablespoons shoyu, tamari, soy sauce or coconut aminos
- 2 teaspoons of rice vinegar
- 2 teaspoons sesame oil
- 2 tablespoons avocado oil or olive oil
- 2 garlic cloves, minced
- 4 scallions, white and green parts sliced thinly
- 1/2 head green cabbage, shredded
- 1 cup shredded carrot
- 2 cups sliced shiitake mushrooms, caps wipe clean
- 1 cup bean sprouts
- 2 cups rice
- 1 pound chicken tenders, cut in 1-inch pieces

SWEET-AND-SOUR SAUCE

- 2 teaspoons arrowroot powder or cornstarch
- 1/3 cup apple cider vinegar
- 1/3 cup coconut sugar or brown sugar
- 2 tablespoons ketchup
- 1 tablespoon shoyu

STEPS

SPRING-ROLL

1. In medium-size bowl, combine the shoyu, rice vinegar and sesame oil. Set aside.
2. Heat large wok or skillet over medium heat, add the oil. When hot, add the garlic and green onions. Sauté 2 minutes until fragrant.
3. Add cabbage, carrots and mushrooms. Sauté until veggie have softened, about 5 minutes.
4. Add bean sprouts.
5. Pour in the shoyu mixture and toss to coat the veggies.

SWEET-AND-SOUR SAUCE

Whisk all ingredients together plus 2 tablespoons of water in a small sauce pan and cook for 3 minutes until thickened.

To serve, scoop the rice into individual bowls and top with vegetable mixture. Drizzle with sweet-and-sour sauce.

ALISHA'S NOTES

