



BEEF SPRING ROLL IN A BOWL

This one-pan wonder packs in four different veggies and is full of those Asian flavours that we love! Sans the sugar of course!

15 minutes

30 minutes

4 portions

INGREDIENTS

- 1 tbsp of oil, coconut (14 g)
- 2 onions, diced (300 g)
- 3 cloves of garlic, minced (9 g)
- 4cm knob of ginger, minced (11 g)
- 500 grams beef mince
- 1/2 cup of apple cider vinegar, (120 g)
- 4 tbsps of tamari (soy sauce) (72 g)
- 1 cup of beef stock (240 g)
- 1/2 medium head [of cabbage, shredded (454 g)
- 3 carrots, grated (183 g)
- 2 tsp of arrowroot flour
- 1 limes, quartered to serve(67 g)
- 1 bunch of spring onions, (half for cooking, half for serving)

COOKING METHOD

- 1° Heat coconut oil in a large skillet over a medium-high heat and add in onion, garlic and ginger. Sauté for 2 minutes, or until onion has softened. Add in beef mince and cook until browned, about 6 minutes. Add in vinegar, tamari and spring onions and stir through for 1 minute.
- 2° Add in the stock and bring to the boil. Reduce to a simmer and add in cabbage, carrot, and a small pinch of salt and pepper. Cook until most of the liquid has absorbed but veggies are still tender, about 5 minutes. Remove from the heat and sprinkle over arrowroot flour, stir to let the sauce thicken.
- 3° Divide between four bowls and serve topped with spring onions and fresh lime juice.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (501 g)	% DRI
ENERGY	80 kcal	401 kcal	20 %
FAT	4 g	20 g	30 %
FATTY ACIDS, TOTAL SATURATED	2 g	10 g	48 %
CHOLESTEROL	15 mg	78 mg	26 %
SODIUM	253 mg	1268 mg	53 %
CARBOHYDRATE	5 g	26 g	9 %
SUGARS	2 g	10 g	—
FIBER	1 g	6 g	25 %
PROTEIN	6 g	30 g	—