



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 | — |