

Egg Roll in a Bowl

Ingredients:

- 2 T extra virgin olive oil (I used garlic infused)
- 1.5-2# RAW fresh or frozen and thawed (deveined, peeled, tails off—unless you're a sadist and want to do all that work but don't be lazy and use pre-cooked. Unless of course you LIKE rubber shrimp)
- ¾ head medium size cabbage
- 3 large carrots
- 6 cloves garlic minced
- 1 t ginger minced (don't use powder—get the fresh stuff)
- 1 cup Bragg's Aminos (soy sauce substitute)
- 4-5 T sesame oil (Do not substitute sesame oil for olive oil or vice versa—this is for the sauce)
- 2 bunches green onions Fish sauce (optional. Use with caution if you've never tried it before. A little goes a loooooong way)

Directions:

1. Combine minced garlic, ginger, Bragg's Aminos and sesame oil and set aside. Add approximately ½ t of fish sauce if that floats your boat. (this mixture is your sauce that you'll use later)
2. Chop the green onions reserving the green portion for garnish. Shred most of the cabbage in your food processor reserving a portion which you will chop roughly (Food Network says you should have 'textural elements'). If you don't have a food processor, get to work on your knife skills! Shred the carrots in your food processor (leave the skin on—it's good for you!) Chop the shrimp roughly—don't get too fancy here. Just chop it and not too small!
3. Grab a LARGE skillet and warm over medium heat. When the skillet has come to temperature, add the extra virgin olive oil, shredded cabbage, carrots and white portion of the onions. Cook 3-5 minutes with the lid on, stirring occasionally.
4. Add the sauce you made previously to the skillet and stir thoroughly. Cook another 3-5 minutes until cabbage starts to look wilted but still has some crunch to it. Make a well in the center of your skillet by moving all the cabbage mixture to the outside. Add the shrimp, stirring just the shrimp until they are pink and firm. Then stir the shrimp into your cabbage mixture.
5. Garnish with the green onion tops. Portion the rest into containers for your lunch the rest of the week! Thank me later!