



## ► SERVES 6

Prep Time: 5 mins • Total Time: 20 mins

### Egg Roll

- 1 tbsp (15 mL) canola oil
- ½ onion
- 1 lb. (450 g) ground turkey sausage or pork sausage
- 1 red bell pepper
- 2 pkg (14 oz./397 g each) coleslaw mix (see cook's tip)

Optional: cooked white or brown rice

Optional: chow mein noodles or sesame sticks

### Sauce

- 2 green onions
- 3 tbsp (45 mL) reduced-sodium soy sauce
- 1 tbsp (15 mL) honey
- 1–2 tsp (5–10 mL) Sriracha or other hot sauce

## Egg Roll in a Bowl

1. Heat the oil in the **12" (30-cm) Stainless Steel Nonstick Skillet** or **12" (30-cm) Nonstick Skillet** over medium heat for 3–5 minutes. Cut the onion into chunks and chop in the **Manual Food Processor**.
2. Add the onion and sausage to the skillet. Cook for 5–7 minutes, using the **Mix 'N Chop** to break the sausage into pieces.
3. Cut the top off of the bell pepper, then remove the seeds and veins with the **Scoop Loop™**. Finely chop the bell pepper in the processor. Add the bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5–6 minutes. (The mixture will cook down.)
4. For the sauce, add the green onion to the processor; finely chop. Add the soy sauce, honey, and Sriracha; process until combined.
5. Pour the sauce into the skillet. Cook, uncovered, for 1–2 minutes, or until evenly combined and heated through.
6. Place rice into bowls and top with the mixture. Top with chow mein noodles or sesame sticks, if desired.

### Cook's Tip

Instead of the coleslaw mix, you can use 1 small head of cabbage and 2 medium grated carrots. Cut the cabbage with the **Simple Slicer** on the No. 2 setting. In step 3, cook for an additional 3–5 minutes.