

Egg Roll Bowl

Total Cook Time: 20 minutes

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Optional toppings and garnishes: wonton strips, peanuts, sriracha mayo

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 5 minutes.
3. When pressure cooking is complete, use a quick release.
4. Add salt and pepper to taste.
5. To serve, spoon egg roll filling into a bowl and top with desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1-2 hours, until the cabbage is soft and meal is heated through. Continue with steps 4-5.

Leftover Suggestions:

- Serve over a bed of rice with desired toppings.
- Wrap in a wonton wrapper and fry in a pan or bake in the oven.

Notes:

- To make your own sriracha mayo, combine 1/2 cup mayonnaise and 1-2 tablespoons Sriracha (adjust to taste) in a bowl and mix well.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (222g)

Calories per serving **400**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 30g	38%	Total Carbohydrate 9g	3%
Saturated Fat 10g	50%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 80mg	27%	Includes 0g Added Sugars	0%
Sodium 1410mg	61%	Protein 20g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 1.1mg 6% • Potassium 140mg 4%
Vitamin A 80mcg 8% • Vitamin C 26mg 30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: PORK, WATER, CONTAINS 2% OR LESS OF: SALT, SUGAR, BLACK PEPPER, SAGE, RED PEPPER, SPICE EXTRACTIVES., CABBAGE, ONION, WATER CHESTNUTS (WATER CHESTNUTS, WATER, CITRIC ACID), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), WHITE WINE VINEGAR, GARLIC, SPICE

CONTAINS: WHEAT, SOY