



Low-Carb Chicken Egg Roll Soup with Cabbage & Scallions



30-40min



2 Servings

Why fuss with the assembly of egg rolls when you can toss the ingredients in a soup and call it a day? And don't worry, you won't miss out on any crunch factor (or flavor) because we've loaded it with cabbage, ground chicken, tamari, and crispy egg roll "wrappers" (that we hacked with tortillas!). Everything you could dream of finding in your favorite takeout-roll and then some. We've got you covered!

WHAT WE SEND

- 6 (6-inch) flour tortillas ^{1,6}
- 2 scallions
- 10 oz pkg ground chicken
- 2 (½ oz) tamari soy sauce ⁶
- 14 oz cabbage blend
- 1½ oz pork ramen base ^{1,6}

WHAT YOU NEED

- garlic
- 1 large egg ³
- kosher salt & ground pepper
- neutral oil

TOOLS

- large pot
- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 650kcal, Fat 39g, Carbs 33g, Protein 41g



1. Prep meatballs

Finely chop **2 tortillas**. Finely chop **2 teaspoons garlic**. Finely chop **scallion whites and light greens**. Thinly slice **dark greens**; reserve for step 5.

In a medium bowl, stir to combine **ground chicken**, **chopped scallions**, **chopped tortillas**, **1 large egg**, half of the **chopped garlic**, **1 teaspoon tamari**, **¼ teaspoon salt**, and **a few grinds of pepper**. Shape into **16 mini meatballs**.



2. Brown meatballs

Heat **1 tablespoon oil** in a large pot over medium-high. Cook **meatballs** in batches, turning once, until browned, 3–4 minutes (meatballs won't be cooked through). Transfer to a bowl. Drain all but **1½ tablespoons oil** from pot.



3. Sauté cabbage & cook soup

To same pot over medium-high, add **cabbage** and **remaining chopped garlic**. Cook, stirring and scraping up any browned bits from bottom of pot, until golden and wilted, 2–3 minutes.

Stir in **ramen base**, **remaining tamari**, and **4 cups water**. Add **meatballs**; bring to a boil over high. Reduce heat to low; simmer, uncovered, until meatballs are cooked through, 5–7 minutes.



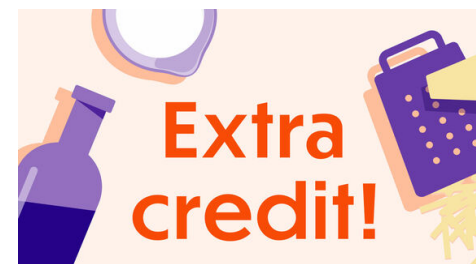
4. Fry tortilla strips

While **soup** simmers, halve and cut **2 tortillas** into thin strips (save rest for own use). Heat **4 tablespoons oil** in a medium nonstick skillet over medium-high. Working in batches if necessary, fry **tortilla strips**, stirring, until golden and crisp, 2–3 minutes (add more oil as needed). Transfer to a paper towel-lined plate to drain; sprinkle with **a pinch of salt**.



5. Finish & serve

Season **soup** to taste with **salt** and **pepper**. Serve **chicken egg roll soup** in bowls topped with **tortilla strips** and **scallion dark greens**. Enjoy!



6. Did you know?

As we made the switch to becoming a paperless company at our US and Australian sites, 2.6 million sheets of paper waste was avoided in 2020. As we implement this in all our sites, it will allow us to save more than 6 million sheets of paper per year globally.