

DINNERLY



Low-Carb Beef Egg Roll Bowl with Chili Oil



ca. 20min



2 Servings

It's like an enormous egg roll exploded and rained down all of its deliciousness onto your dinner plate. We've got you covered!

WHAT WE SEND

- ¼ oz gochugaru flakes
- 1 piece fresh ginger
- 2 scallions
- 10 oz pkg grass-fed ground beef
- 14 oz cabbage blend
- 3 oz stir-fry sauce ^{3,4}
- ¼ oz pkt toasted sesame seeds ²

WHAT YOU NEED

- neutral oil
- garlic
- 2 large eggs ¹
- kosher salt & ground pepper

TOOLS

- large nonstick skillet
- microplane or grater

ALLERGENS

Egg (1), Sesame (2), Soy (3), Wheat (4).
May contain traces of other allergens.
Packaged in a facility that packages
gluten containing products.

NUTRITION PER SERVING

Calories 830kcal, Fat 58g, Carbs 30g,
Protein 39g



1. Make chili oil

Add **gochugaru** to a small bowl. In a large nonstick skillet, heat ¼ **cup oil** until just starting to smoke. Carefully pour **hot oil** over gochugaru flakes and stir to combine. Reserve skillet.



2. Prep ingredients

Finely grate 1 **teaspoon each of ginger and garlic**. Trim **scallions**, then thinly slice, keeping dark green parts separate.

Whisk 2 **large eggs** in a small bowl. Season with a **pinch each of salt and pepper**. In reserved skillet, heat 2 **teaspoons oil** over medium-high. Add eggs and cook, breaking up into small pieces as eggs scramble. Transfer to a plate and set aside; wipe skillet.



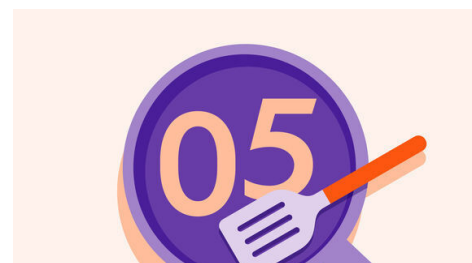
3. Cook beef

In same skillet, heat 1 **tablespoon oil** over medium-high. Add **beef** and cook, breaking up into smaller pieces, until cooked through and well browned, 5–6 minutes. Add **scallion whites and light greens**, and **grated garlic and ginger**. Cook, stirring until fragrant and scallions are softened, about 1 minute.



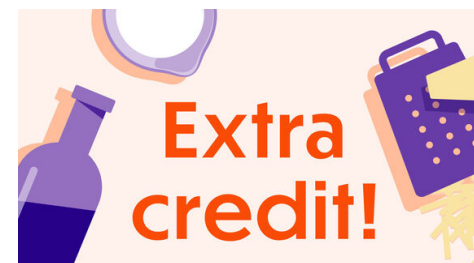
4. Cook cabbage

Add **cabbage blend** and **stir-fry sauce** and toss to combine. Cook, tossing occasionally until cabbage blend is crisp-tender, 2–3 minutes. Stir in **scrambled eggs** until heated through. Remove from heat and season to taste with **salt** and **pepper**.



5. Finish & serve

Transfer **beef and cabbage** to bowls and top with **scallion greens** and **toasted sesame seeds**. Drizzle with as much **chili oil** as desired. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.