

Mock Egg Roll

Prep Time: 5 Min **Cook Time:** 15 Min **Total Time:** 20 Min
Serves 1

Ingredients

2 large cabbage leaves
1 cup shredded cabbage
1/8 tsp onion powder
1/8 tsp garlic powder
dash of sea salt
dash of pepper
1/8 tsp Chinese Five Spice
1/2 packet stevia
100 g chicken

Instructions

- 1 Steam large cabbage leaves for 5 minutes then move to the side of the steamer and add shredded cabbage and steam for an additional 5 minutes
- 2 Cook chicken
- 3 Mix shredded cabbage, cooked meat, and spices in a bowl
- 4 Wrap mixture into large lettuce leaves

Notes

Shrimp or beef can be substituted for chicken

** For some reason the calorie count below is wrong and we can not seem to change it so please ignore it.

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