



10 Minute Cabbage Bowl

2 servings
10 minutes

Ingredients

2 tbsps Coconut Oil (divided)
6 cups Coleslaw Mix
4 Egg

Nutrition

| Amount per serving | |
|--------------------|-------|
| Calories | 338 |
| Fat | 23g |
| Saturated | 14g |
| Carbs | 19g |
| Fiber | 6g |
| Sugar | 9g |
| Protein | 16g |
| Cholesterol | 372mg |
| Sodium | 231mg |

Directions

- 1 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 2 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 3 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

Notes

On-the-Go: Add a hard boiled egg onto the cabbage bowl instead of fried.