

Keto Asian Cabbage Stir-fry

Ingredients

- 450 g green cabbage
- 110 g butter, divided
- 1 tsp salt
- 1 tsp onion powder
- 1/4 tsp ground black pepper
- 1 tbsp white wine vinegar
- 2 garlic cloves, minced
- 1 tsp chili flakes
- 55 g (140 ml) fresh ginger, finely chopped or grated
- 550 g minced beef or ground turkey
- 3 (45 g) spring onions, chopped in 1/2" (2.5 cm) slices
- 1 tbsp sesame oil

Method

1. Shred the cabbage finely using a sharp knife or a food processor.
2. Fry the cabbage in half of the butter in a large frying or wok pan on medium-high heat. It takes a while for the cabbage to soften, but don't let it turn brown.
3. Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
4. Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger. Sauté for a few minutes.
5. Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
6. Add spring onions and cabbage to the meat. Stir until everything is hot. Salt and pepper to taste. Drizzle with sesame oil before serving.

Serve with Mayo