

Fried Cabbage Skillet with Sausages

35 minutes | 2 servings



Find cookware

[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[stainless steel or cast iron skillet](#)
[stirring spoon](#)
[tongs](#)

Grab ingredients

2 cloves	garlic
½ small bunch	green onions (scallions)
½ medium head	napa cabbage
3	pork sausages
1 tbsp	tomato paste
½ medium	yellow onion
	black pepper
	crushed red pepper
	salt
	virgin coconut oil

Cook & enjoy

- 1 Wash and dry the fresh produce.
½ medium head napa cabbage
½ small bunch green onions (scallions)
- 2 Preheat a skillet over medium heat.
- 3 While the skillet heats up, trim off and discard the ends of the onion and remove the outer layer; small dice the onion (cut into ¼-inch pieces) and transfer to a small bowl.
½ medium yellow onion
- 4 Once the skillet is hot, add coconut oil and swirl to coat the bottom.
½ tbsp virgin coconut oil
- 5 Add the sausages to the skillet; cook, turning occasionally, until they are browned on all sides and cooked through, 10 to 15 minutes total. Once done, transfer to a plate.
3 pork sausages
- 6 While the sausages cook, trim off and discard the root ends of the garlic; peel and mince or press the garlic. Add to the bowl with the onion.
2 cloves garlic
- 7 Trim off and discard the root end of the cabbage; halve the cabbage lengthwise, then thinly slice crosswise into shreds and transfer to a large bowl.
- 8 Once the sausages have been transferred, add more coconut oil to the skillet followed by the onion and garlic. Cook, stirring frequently, until the onion is softened, 3 to 4 minutes.
½ tbsp virgin coconut oil
- 9 Add the tomato paste and ¼ cup of water to the skillet; mix together.
1 tbsp tomato paste
- 10 Add the cabbage to the skillet and season with crushed red pepper, salt, and pepper. Increase the heat to medium-high and cook, stirring frequently, until the cabbage is softened, 3 to 4 minutes.
⅓ tsp crushed red pepper
½ tsp salt
¼ tsp black pepper

- 11 Trim off and discard the ends of the green onions; cut the onions crosswise into ¼-inch pieces at an angle and transfer to a small bowl.
- 12 Slice the sausages into ¼-inch-thick rounds.
- 13 Add the sausage slices and about ¾ of the green onions to the skillet; mix with the cabbage until well combined.
- 14 To serve, divide the cabbage and sausage mixture between bowls and sprinkle with the remaining green onions. Enjoy!