

# 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.  
⅛ 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!