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Asian Cabbage Stir-Fry

 Ketogenic low carb  Easy  15 + 30 m

This low-carb dish, also called crack slaw, is known for being so delicious it's addictive! Apart from that, it's also quick and easy to make. Prepare yourself for a new favorite meal.

Ingredients

 4 servings 

1½ lbs green cabbage
5 oz. butter
1½ lbs ground beef
1 teaspoon salt
1 teaspoon onion powder
¼ teaspoon ground black pepper
1 tablespoon white wine vinegar

Instructions

- 1 Shred the cabbage finely using a sharp knife or a food processor.
- 2 Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium high, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.
- 3 Add spices and the 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 and sauté for a few minutes.

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- 2 garlic cloves
- 3 scallions, in slices
- 1 teaspoon chili flakes
- 1 tablespoon fresh ginger, finely chopped or grated
- 1 tablespoon sesame oil

Wasabi mayonnaise

- 1 cup mayonnaise
- ½ – 1 tablespoon wasabi paste

- 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 scallions and cabbage. Stir until everything is hot. Salt and pepper to taste. Add the sesame oil before serving.
- 7 Mix together the wasabi mayonnaise, start with a small amount of wasabi and add more until you think it tastes good. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.

Tip!

You can make this dish with any kind of ground meat you like – beef, lamb, poultry or pork.

More crack slaw recipes

Blue Cheese Cabbage Stir-Fry



Stuffed Cabbage Casserole



Indian Cabbage Stir-Fry



Italian Cabbage Stir-Fry



Get started challenge

This recipe and the ones below are examples of the delicious meals you have on our **Get started challenge**. We provide a meal plan and all the knowledge and support you need to make low carb simple. It's free and you can sign up at any time!



