

Helergon Kitchen

Beef Sausage & Cabbage Stir Fry – 30-Minute Dinner

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced into ½-inch pieces
- [ ] 4 cups green cabbage, thinly shredded
- [ ] 1 medium carrot, julienned (optional)
- [ ] 2 tbsp vegetable oil
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated

Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp honey
- [ ] ½ tsp sesame oil
- [ ] ¼ tsp black pepper

Instructions

1. Heat the oil in a large skillet over medium-high heat. Add the sausage slices and cook until they turn golden brown, about 4-5 minutes. Remove and set aside.
2. In the same pan, add garlic and ginger; sauté until fragrant, about 30 seconds. Then toss in the shredded cabbage (and carrot, if using) and stir-fry for 3-4 minutes, keeping it crisp.
3. Return the sausage to the pan. Pour the sauce ingredients over everything, stirring to coat. Cook another 2 minutes, allowing the sauce to glaze the ingredients.
4. Taste and adjust seasoning if needed. Serve hot, optionally over rice or noodles.
5. For a related inspiration, see Korean ground beef bowl for a different spin on beef and cabbage.

Nutrition per serving

420 kcal	32 g	18 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pan gets dry, add a splash of water or broth to keep the vegetables moving.
- Feel free to sprinkle toasted sesame seeds just before serving for extra texture.
- The dish can be made ahead and reheated gently; add a drizzle of oil when reheating to revive the crispness.