

Bite Spoon

# Chinese Stir Fried Cabbage Recipe: Quick & Easy

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| **10 min**<br>Prep time | **5 min**<br>Cook time | **15 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Chinese**<br>Cuisine |

## Ingredients

### For the Cabbage

- [ ] 1 medium head Napa cabbage (about 1.5 lbs), sliced into 1-inch ribbons
- [ ] 1 tbsp avocado oil or other high-smoke point neutral oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated (optional)

### For the Sauce

- [ ] 2 tbsp low-sodium soy sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] 1 tsp sugar or a drizzle of honey
- [ ] 1/4 tsp white pepper (optional)

## Instructions

1. Let's begin with the prep, which is honestly so calming. First, wash your beautiful head of Napa cabbage and gently pat it dry. Slice it crosswise into ribbons about an inch wide. Don't worry about being too perfect; the varied shapes are part of its charm. Mince your fresh garlic and grate the ginger if you're using it. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, sugar, and white pepper. Just give it a good stir until the sugar is dissolved. Having this little sauce mixture ready is key, as things move very quickly once the heat is on.

2. Now for the exciting part. Place a large skillet or a wok over high heat. Let it get really, really hot. I mean, you want to feel the heat rising from it when you hold your hand a few inches above the surface. Once it's properly heated, pour in your oil. It should shimmer almost immediately. This high heat is the secret to getting that perfect, flavorful char on the cabbage without it turning into a soggy mess.

3. Carefully add your sliced cabbage to the hot pan. It will sizzle and pop, which is exactly what you want to hear. Using tongs or a spatula, toss the cabbage frequently, letting it cook for about 2-3 minutes. You're looking for the leaves to wilt and for some of the edges to get a little bit golden and charred. Don't walk away! This is an active cooking process. Once the cabbage is tender-crisp, push it to one side of the pan and add your minced garlic and ginger to the empty space, cooking for just 30 seconds until fragrant.

4. Give that fragrant garlic and ginger a quick toss with the cabbage, then pour your prepared sauce all over everything. It will bubble and steam as it hits the hot surface of the pan. Stir everything together continuously for about one more minute, allowing the sauce to thicken slightly and coat every piece of cabbage in its glossy, savory goodness. The moment it's all beautifully coated, remove it from the heat immediately to preserve that lovely crunch. Serve it right away, while it's hot and fragrant.

## Nutrition per serving

| 85 kcal | 2 g | 9 g | 5 g |
| --- | --- | --- | --- |
| Calories | Protein | Carbs | Fat |

### Tips & notes

- For a bit of extra richness, you can add a small pat of butter along with the oil at the beginning. It sounds unconventional, but it adds a lovely, subtle creaminess that pairs beautifully with the savory sauce.
- If you don't have rice vinegar, a little squeeze of lime juice at the very end will provide a similar brightness and acidity to cut through the richness of the soy and sesame flavors.
- This dish is best enjoyed fresh. While leftovers are still tasty, the cabbage does lose its signature crispness upon reheating. If you do have leftovers, I recommend reheating them quickly in a hot pan rather than the microwave.