

Plate Dream

Beef Sausage and Cabbage Stir Fry – Quick 30-Minute Meal

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced into ½-inch rounds
- [ ] 4 cups green cabbage, thinly shredded
- [ ] 1 carrot, julienned (optional)
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated
- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 2 tbsp vegetable oil
- [ ] 1 tsp sesame oil
- [ ] Salt and pepper to taste

Instructions

1. Heat the vegetable oil in a large skillet over medium-high heat. Add the sausage slices and cook until they brown, about 4-5 minutes. Remove and set aside.
2. In the same pan, add garlic and ginger; stir quickly until fragrant, about 30 seconds. Then toss in the cabbage and carrot, stirring constantly.
3. Return the sausage to the pan, drizzle soy sauce, honey, and sesame oil. Toss everything together, allowing the sauce to coat the vegetables and sausage.
4. Season with a pinch of salt and pepper, taste, and adjust the sweet-salty balance. Serve hot, perhaps alongside a bowl of rice or a fresh side like coleslaw.

Nutrition per serving

420 kcal	24 g	15 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you like extra depth, splash a little rice vinegar at the end for brightness.
- Reserve a tablespoon of the cooking liquid to thin the sauce if it looks too thick.
- Feel free to add a handful of sliced green onions just before serving.