

Zucchini Bread Recipes

Sausage and Cabbage Stir Fry – Quick 30-Minute Meal

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb beef sausage, sliced into 1/2-inch rounds
- [ ] 4 cups green cabbage, thinly sliced
- [ ] 2 tbsp olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp fresh ginger, grated

For the Sauce

- [ ] 3 tbsp soy sauce
- [ ] 1 tbsp honey
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp sesame oil
- [ ] 1/2 tsp black pepper

Instructions

1. Heat olive oil in a large skillet over medium-high heat; add the sausage slices and cook until browned, about 4 minutes.



2. Remove sausage and set aside; in the same pan, add garlic and ginger, sauté for 30 seconds until fragrant.

3. Add the sliced cabbage, stirring constantly; cook for 5-6 minutes until it begins to soften but still has a bite.



4. Return the sausage to the pan, pour in the sauce ingredients, and toss everything together. Cook another 3 minutes, letting the sauce glaze the mixture.

5. Remove from heat, drizzle with a final splash of lemon juice, and serve immediately. For a side, consider the ground beef stroganoff for a comforting variation.



Nutrition per serving

420 kcal	22 g	15 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cabbage releases too much liquid, increase heat to evaporate it quickly.
- Adjust honey to taste; you may prefer a less sweet profile.
- For extra crunch, sprinkle toasted sesame seeds just before serving.