

# White Cabbage with Ground Beef

Asian-inspired white cabbage with ground beef recipe. Quick 20-minute stir-fry with peanuts and soy sauce.

Healthy, flavorful main dish for 4 servings.

5 min

PREP

15 min

COOK

20 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 0.25 cabbage
- 2 carrot
- 0.7 lb ground beef
- 1 onion
- 0.5 cup peanut
- 3 tbsp olive oil
- 3 tbsp soy sauce

## Instructions

### 1 Prepare the aromatics

Heat 3 tablespoons olive oil in a large skillet or wok over medium-high heat until shimmering, about 1-2 minutes. Add 2 diced onions and cook, stirring frequently, until softened and translucent, about 4-5 minutes.

### 2 Brown the beef

Add 0.7 lb ground beef to the pan, breaking it up with a wooden spoon or spatula. Cook, stirring frequently to break up large pieces, until the beef is browned all over and no pink remains, about 5-7 minutes.

### 3 Add 0.25 cup roughly chopped peanuts to the beef mixture. Stir and cook until the peanuts are lightly toasted and fragrant, about 2-3 minutes.

### 4 Add the vegetables

Add 1 small head white cabbage, finely chopped, and 1 large carrot, grated, to the pan. Stir-fry, tossing everything together frequently, until the cabbage wilts and becomes tender-crisp, about 4-5 minutes.

## 5 Season and finish

Pour 3 tablespoons soy sauce over the mixture and toss to coat evenly. Cook for 1-2 more minutes until the flavors are well combined and the cabbage is tender but still has some bite.

6 Remove from heat and serve immediately while hot.

## Tips

Cut the cabbage into uniform pieces to ensure even cooking throughout the dish.

Don't overcrowd the pan - cook in batches if necessary to maintain high heat and prevent steaming.

Add the soy sauce at the very end to prevent it from burning and becoming bitter.

Toast the peanuts lightly in a dry pan before adding to enhance their flavor and crunch.

Let the ground beef brown properly before stirring to develop better flavor and texture.

Keep all ingredients prepped and ready before starting, as this dish cooks very quickly.

Taste and adjust seasoning at the end - you may want to add a pinch of sugar to balance the saltiness of the soy sauce.