Table of Contents

- Ingredient Notes
- How To Cook Cabbage In Air Fryer
- Prefer To Make Air Fryer Cabbage Steaks Instead?
- Air Fryer Cabbage Recipe
    - Ingredients
    - Instructions
    - Notes

Ingredient Notes

- Cabbage – this recipe calls for a head of green cabbage that has been cored and sliced.
- Oil – this recipe calls for olive oil, but use other oil to your taste.
- Ginger – this recipe calls for ground ginger, but you can use fresh ginger that has been minced.
- Seasoning – add salt and freshly ground pepper to your taste.

Ready to learn just how simple it is to make cabbage in an air fryer? Grab those 5 ingredients and I will show you…

How To Cook Cabbage In Air Fryer

Get complete ingredients list and instructions in recipe card below.

1. Preheat air fryer to 375 degrees F / 190 degrees C.
2. Core and slice head of cabbage, then transfer to a bowl. Discard cabbage core.
3. Add the olive oil, ground ginger, salt and pepper and toss cabbage to combine.
4. Place cabbage in the preheated air fryer basket and air fry cabbage for 8-12 minutes, turning a couple of times during cooking.

Prefer To Make Air Fryer Cabbage Steaks Instead?

- Add 1/3 cup of water into the basket and preheat air fryer to 375 degrees F / 190 degrees C.
- Slice cabbage into steaks and add some steaks into the basket in a single layer.
- Brush both sides with olive oil and sprinkle on some seasoning.
- Air fry cabbage for 8-12 minutes till tender cabbage steaks are to your likening.
- Repeat till all the steaks are done.

Air Fryer Cabbage Recipe



A quick and fuss-free side that pair with all sorts of mains.

- Prep Time: 5 minutes
- Cook Time: 12 minutes
- Total Time: 17 minutes
- Yield: 4 1x
- Category: Side Dish
- Cuisine: American

Ingredients

- 1 head green cabbage cored and sliced
- 1 tablespoon olive oil
- ¾ teaspoon ground ginger
- salt and pepper to taste

Instructions

1. Preheat air fryer to 375 degree F / 190 degrees C.
2. In a bowl, combine cabbage, olive oil, ground ginger, salt and pepper.
3. Add the cabbage to the air fryer basket and air fry for 8-12 minutes, turning a couple of times during cooking.

Notes

- Cook time depends on how large the cabbage slices are and how wilted you prefer it. If you want it with some bite, cook for less time. But if you like it to be more wilted with crispy edges, then you may need to air fryer it for longer.
- For best results, make sure to preheat the air fryer for 2-3 minutes.
- Don’t crowd the air fryer basket; keep the cabbage in a single layer.
- Air Fryer temperatures can vary depending on the make and model. Use the cooking times listed as a guide, check food for doneness, and adjust as needed.
- Storage – keep in an airtight container inside the fridge for up to 3 days.
- There is just 1 WW Blue Plan SmartPoints in one serving of this.