

- Prep Time: 10 Minutes
 - Cook Time: 15 Minutes
 - Total Time: 25 Minutes
 - Course: Main Course
 - Cuisine: Chinese-American
 - Servings: 4
 - Calories: 310 kcal per serving
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Ingredients

To achieve the perfect texture and flavor balance, precise ingredients matter. Here is what you will need:

For the Stir Fry:

- 1 lb (450g) Lean Ground Beef: I recommend using 90/10 or 93/7 lean beef to keep the dish healthy. If using a fattier blend, you may need to drain the excess fat after browning.
- 1 Medium Head of Green Cabbage: You will need about 8 cups of shredded cabbage. Green cabbage holds its texture better than Napa cabbage in a stir fry, providing a satisfying “crunch.”
- 1 Large Carrot: Julienned or grated. This adds a pop of orange color and natural sweetness.
- 3 cloves Garlic: Minced. Fresh garlic is non-negotiable here; jarred garlic lacks the same aromatic intensity.
- 1 tbsp Fresh Ginger: Grated or minced.

- 2 stalks Green Onions: Sliced, separating the white parts (for cooking) and the green parts (for garnish).
- 1 tbsp Avocado Oil or Sesame Oil: For cooking. Sesame oil adds authentic flavor, but avocado oil has a higher smoke point.

For the Sauce:

- 1/4 cup Low-Sodium Soy Sauce: (Use Tamari or Coconut Aminos for Gluten-Free/Paleo).
 - 1 tbsp Rice Vinegar: Or Apple Cider Vinegar.
 - 1 tbsp Brown Sugar: (Or Honey or Swerve for Keto).
 - 1 tsp Sriracha or Chili Garlic Sauce: Adjust to taste.
 - 1 tsp Toasted Sesame Oil: Added at the end for aroma.
 - 1/2 tsp Ground Black Pepper.
 - 1/2 tsp Cornstarch: (Optional, for thickening. Use Arrowroot powder for Paleo).
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Equipment Needed

- Large Skillet or Wok (12-inch)
 - Chef's Knife
 - Cutting Board
 - Mixing Bowl (small)
 - Measuring Spoons
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Instructions

Step 1: Prep the Ingredients (Time: 10 Minutes | Intensity: Low)

Before you turn on the heat, you must prep everything. Stir-frying is a high-speed cooking method; you won't have time to chop garlic once the beef is in the pan.

1. The Cabbage: Cut the head of cabbage into quarters, remove the tough core, and slice it thinly into shreds. You want ribbons, not chunks.
2. The Aromatics: Mince the garlic, grate the ginger, and slice the green onions.

3. The Sauce: In a small bowl, whisk together the soy sauce, rice vinegar, brown sugar, Sriracha, black pepper, and cornstarch (if using). Set aside.

Step 2: Brown the Beef (Time: 5 Minutes | Intensity: High)

Heat a large skillet or wok over medium-high heat. Add 1 tablespoon of oil.

Once the oil is shimmering, add the ground beef. Use a wooden spoon or spatula to break the meat apart into small, bite-sized crumbles.

Cook for 4-5 minutes until the beef is mostly browned. If you are using a fattier beef (80/20), drain the excess fat now, leaving about 1 tablespoon in the pan. If using lean beef, proceed directly to the next step.

Step 3: Add the Aromatics (Time: 1 Minute | Intensity: High)

Push the beef to one side of the pan. Add the minced garlic, grated ginger, and the white parts of the green onions to the empty space.

Sauté for 30 to 45 seconds. You want them to become fragrant and slightly golden, but be careful not to burn the garlic—burnt garlic turns bitter quickly. Once fragrant, stir everything together with the beef.

Step 4: The Cabbage Toss (Time: 5 Minutes | Intensity: High)

Add the shredded cabbage and julienned carrots to the pan. This will look like a mountain of vegetables, but it will cook down significantly.

Using tongs or two spatulas, toss the cabbage with the beef and aromatics.

Cook for 4 to 5 minutes. The goal here is to cook the cabbage until it is tender-crisp (al dente). It should still have a slight bite to it, not be mushy. The volume should reduce by about half.

Step 5: Sauce and Finish (Time: 2 Minutes | Intensity: Medium)

Give your sauce mixture a quick stir (as the cornstarch settles) and pour it over the beef and cabbage mixture.

Toss everything to coat evenly. Let it simmer for 1 to 2 minutes until the sauce thickens slightly and glazes the meat and vegetables.

Turn off the heat. Drizzle with the remaining teaspoon of toasted sesame oil. This is a crucial step for that authentic restaurant finish—the heat releases the aroma of the sesame oil.

Serving Suggestions

This dish is incredibly versatile. Here is how to serve it based on your dietary needs:

- Low Carb/Keto: Serve on its own, or over a bed of cauliflower rice.
 - Traditional: Serve over steamed Jasmine or Brown rice.
 - Paleo/Whole30: Serve over riced broccoli or sweet potato noodles. (Omit sugar and use Coconut Aminos).
 - Garnish: Top with the green parts of the green onions and a sprinkle of sesame seeds.
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Chef's Tips for Success

1. Don't Crowd the Pan: If your skillet isn't large enough, cook the beef in two batches. If you overcrowd the pan, the cabbage will steam rather than fry, resulting in a soggy texture.

2. The Cabbage Core: Don't throw away the core! Slice it thinly and add it to the pan first; it takes slightly longer to cook than the leafy parts.
 3. Make it Spicy: If you love heat, add a teaspoon of chili crisp or red pepper flakes with the aromatics.
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Storage and Reheating

- Refrigerator: Store leftovers in an airtight container for up to 4 days.
 - Freezer: This dish freezes well. Place in a freezer-safe bag or container for up to 3 months. Thaw overnight in the fridge.
 - Reheating: Reheat in a skillet over medium heat to maintain the texture. Microwaving works too, but the cabbage will soften further.
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Nutrition Information

Note: Nutritional values are approximate and calculated based on the specific ingredients listed (90/10 lean beef, low-sodium soy sauce, and brown sugar).

- Serving Size: 1/4 of the recipe (approx. 1.5 cups)

- Calories: 310 kcal
- Total Fat: 14g
- Saturated Fat: 5g
- Trans Fat: 0g
- Cholesterol: 75mg
- Sodium: 680mg (controlled by using low-sodium soy sauce)
- Total Carbohydrates: 14g
- Dietary Fiber: 5g
- Sugars: 7g
- Protein: 28g