DietCloud – Recipe

Recipe Name: CABBAGE STIR FRY

Diet Type:

Course: General Course

Cuisine: Indian

Quantity:



Description

This vibrant Cabbage Stir Fry is a quick and satisfying meal, showcasing tender-crisp shredded cabbage, savory lean protein, and a medley of aromatic spices. Tossed in a glossy, flavorful sauce and garnished with fresh scallions and sesame seeds, it's a deliciously light yet filling dish. Served hot, it makes for an excellent single-portion lunch or dinner, packed with textures and a hint of spice.
[PROS]
- Rich in fiber from cabbage and other vegetables, aiding digestion.
- Low in calories while providing essential vitamins (C, K) and minerals.
- Contains lean protein (if chicken/pork is used) for satiety and muscle maintenance.
[CONS]
- Can be high in sodium if soy sauce and other seasonings are not carefully portioned.
- Potential for nutrient loss if vegetables are overcooked.
[DIETITIAN REVIEW]
This Cabbage Stir Fry is a fantastic option for a quick, healthy meal, especially for individuals seeking high fiber and nutrient density. The use of lean protein and plenty of vegetables makes it a balanced choice, though careful attention to sodium levels in the sauce is advised. It's a versatile dish that can be easily customized with more vegetables or different protein sources. Score: 8/10

Ingredients

Ingredient	Quantity
• Green Cabbage	2 cups, shredded
• Chicken Breast or Pork Loin	4 oz, thinly sliced or shredded
• Green Onions (Scallions)	2 stalks, chopped (white and green parts separated
• Garlic	2 cloves, minced
• Fresh Ginger	1 tsp, grated
• Red Chili Peppers	1, thinly sliced (optional, to taste)
• Low-Sodium Soy Sauce	2 tbsp

• Rice Vinegar	1 tbsp

- Sesame Oil 1 tsp

- Cornstarch 1/2 tsp

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• Water or Broth	2 tbsp

• White Sesame Seeds	1 tsp, for garnish

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- Vegetable Oil — 1 tbsp, for stir-frying

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Preparation

• 1.

• In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, cornstarch, and water/broth to create the stir-fry sauce.

• Set aside.

• 2.

• Heat vegetable oil in a large skillet or wok over medium-high heat.

• Add the sliced chicken or pork and stir-fry for 3-4 minutes until cooked through and lightly browned.

• Remove from skillet and set aside.

• 3.

• Add minced garlic, grated ginger, white parts of green onions, and sliced red chilies (if using) to the same skillet.

• Stir-fry for 30 seconds until fragrant.

• 4.

• Add the shredded cabbage to the skillet.

• Stir-fry for 3-5 minutes, tossing frequently, until the cabbage is tender-crisp but still retains some bite.

• 5.

• Return the cooked chicken/pork to the skillet.

• Give the prepared sauce a quick whisk and pour it over the ingredients.

• Toss everything together until the sauce thickens and coats the cabbage and protein evenly, about 1-2 minutes.

• 6.

• Remove from heat.

• Garnish with the green parts of the chopped scallions and white sesame seeds before serving immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	2	25	2	5	6