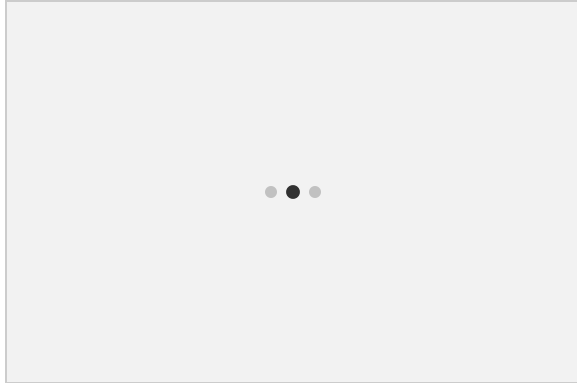


Keto Asian Cabbage Stir-Fry

(Saturday dinner)



Net carbs: 4 % (10 g)

Fiber: 6 g

Fat: 83 % (93 g)

Protein: 13 % (33 g)

kcal: 1023

INGREDIENTS:

6½ oz. green cabbage

1¼ oz. butter 5/oz. ground beef

¼ tsp salt

¼ tsp onion powder

1/4 tsp ground black pepper

¼ tbsp white wine vinegar

½ garlic clove

¾ scallion, in slices

¼ tsp chili flakes

¼ tbsp fresh ginger, finely chopped or grated

¼ tbsp sesame oil

Wasabi mayonnaise:

4 tbsp mayonnaise

⅛ - ¼ tbsp wasabi paste

DIRECTIONS:

1. Shred the cabbage finely using a sharp knife or a food processor.
2. Fry the cabbage in 2–3 ounces (60–90 g) butter in a large frying or wok pan on medium-high heat, but don't let the cabbage turn brown. It takes a while for the cabbage to soften.
3. Add spices and vinegar. Stir and fry for a couple of minutes more. Put the cabbage in a bowl.
4. Melt the rest of the butter in the same frying pan. Add garlic, chili flakes and ginger and sauté for a few minutes.
5. Add ground meat and brown until the meat is thoroughly cooked and most of the juices have evaporated. Lower the heat a little.
6. Add scallions and cabbage to the meat. Stir until everything is hot. Add salt and pepper to taste, and top with the sesame oil before serving.
7. Mix together the wasabi mayonnaise by starting with a small amount of wasabi and adding more until the flavor is just right. Serve the stir-fry warm with a dollop of wasabi mayonnaise on top.