

Crispy Fried Cabbage with Garlic and Herbs

This crispy fried cabbage dish is a delightful side that combines the earthy flavors of cabbage with the aromatic punch of garlic and fresh herbs. Perfect for adding a crunchy texture to your meal!


15 min

Total time

easy

Difficulty

120

kcal / serving

Ingredients

- 1 cup green cabbage, shredded
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/4 teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- 1 teaspoon fresh parsley, chopped (for garnish)

Steps

- 1 Heat the olive oil in a skillet over medium heat.
- 2 Add the minced garlic and red pepper flakes (if using) and sauté until fragrant, about 30 seconds.
- 3 Add the shredded cabbage to the skillet, stirring to combine with the garlic.
- 4 Cook for about 5–7 minutes, stirring occasionally, until the cabbage is tender and slightly crispy.
- 5 Season with salt and pepper to taste.
- 6 Remove from heat and garnish with fresh parsley before serving.