Sausage and Cabbage Lettuce Wraps



A low-carb weeknight dinner of crumbled sausage, onion, garlic, ginger and quickly wilted cabbage seasoned with soy, rice vinegar, sesame oil and fish sauce, spooned into crisp Bibb lettuce cups. Caramelized cabbage brings natural sweetness and bulks up just two sausages into a full meal.

15 min · 2 servings · easy · Asian-inspired

INGREDIENTS

Filling

- ☐ **1 tbsp** neutral oil, plus a splash more if the pan gets dry
- ☐ **2 links (about 8 oz / 225 g)** Italian sausage, casings removed
- ☐ **1** onion, diced
- ☐ **1 clove** garlic, minced
- ☐ **1 tsp** fresh ginger, minced (about a garlic clove's worth)
- ☐ **1 pinch** salt, to taste
- ☐ **1/4 head (about 8 oz / 225 g)** green cabbage, cored and roughly chopped
- ☐ **2 tbsp** soy sauce or tamari
- ☐ **1 tbsp** rice vinegar
- ☐ **1 tsp** toasted sesame oil
- ☐ **1 tsp** fish sauce
- ☐ **1 tsp** honey or sugar, to taste (optional)

To Serve

- ☐ **1 head** Bibb (butter) lettuce, leaves separated
- ☐ creamy jalapeño mayo or other drizzle, for serving (optional)

METHOD

Brown the sausage

1. Heat the oil in a large skillet over medium heat. Squeeze the sausage out of its casings into the pan in small pieces and cook, breaking it up, until browned, about 4-5 minutes.

Add aromatics

2. Add the onion, garlic and ginger with a pinch of salt; add a splash more oil if the pan looks dry. Cook, stirring, until the onion softens and turns translucent, about 3 minutes.

Wilt the cabbage

3. Add the chopped cabbage and cook 1-2 minutes, stirring, until it wilts down significantly and starts to caramelize at the edges.

Season

4. Add soy sauce, rice vinegar, sesame oil and fish sauce; stir and scrape the browned bits off the bottom of the pan until the pan looks clean. Taste and add a little honey or sugar if you want more sweetness.

Serve

5. Separate the Bibb lettuce leaves into cups, spoon in the filling and add a creamy drizzle if you like. Eat immediately.

TIPS

– Sausage, cabbage and seasoning quantities were not stated; amounts are estimates based on two sausage links, so adjust to taste.

– Cabbage is a cheap way to stretch a small amount of meat, and cooking it longer builds even more sweet, caramelized flavor.

– Use the sauce liquids to deglaze the pan so the flavorful browned bits end up in the filling, not stuck to the pan.

– Bibb lettuce makes the best cups; save the tougher outer leaves for another use.

– Any seasoning you have works: swap tamari for soy sauce or skip the fish sauce if you don't have it.

– A creamy jalapeño mayo drizzle would pair well with the salty filling.

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