

Smoky, Spicy, and Sweet: Charred Cabbage with Garlic and Chili Crisp

Charred Cabbage with Coconut, Garlic, and Chili Crisp



TIME
3-5 min

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INGREDIENTS

- 1 medium head of cabbage (quartered or cut into thick wedges)
- 2 tablespoons olive oil
- 1/2 cup coconut milk
- 2 cloves garlic (minced)
- 2 tablespoons chili crisp (adjust to taste)
- 1 tablespoon soy sauce or tamari (for gluten-free)
- 1 teaspoon lime juice
- 1 tablespoon toasted sesame seeds (for garnish)
- Fresh cilantro (chopped, for garnish)
- Salt and pepper, to taste

Instructions:

Char the Cabbage: Heat a large skillet or grill pan over medium-high heat. Drizzle olive oil over the cabbage wedges and season with salt and pepper.

Place the cabbage in the hot skillet and cook for 3-5 minutes on each side, or until deeply charred and slightly tender. Remove and set aside.

Prepare the Coconut Garlic Sauce: In the same skillet, reduce the heat to medium and add minced garlic. Cook for 1 minute until fragrant.

Stir in the coconut milk, soy sauce, and lime juice. Simmer for 2-3 minutes to allow the flavors to meld.

Add the Chili Crisp: Remove the skillet from heat and stir in the chili crisp. Adjust the amount based on your preferred spice level.

Assemble the Dish: Arrange the charred cabbage on a serving platter. Drizzle the coconut garlic and chili crisp sauce generously over the top.

Garnish and Serve: Sprinkle with toasted sesame seeds and fresh cilantro before serving. Enjoy warm as a side dish or light entrée.

Nutritional Information:

Servings: 4

Calories: 180 kcal per serving

Protein: 3g

Carbohydrates: 10g

Fat: 14g

Fiber: 3g

Sugar: 4g

Tips for Perfect Charred Cabbage:

Get the Char Right: Ensure your skillet is hot enough to achieve a good sear without overcooking the cabbage.

Spice It Up: For extra heat, add a dash of crushed red pepper flakes or more chili crisp.

Make It Creamier: Add an extra splash of coconut milk for a richer sauce.

Pair It Well: Serve alongside rice or noodles to make it a complete meal.

DIRECTIONS

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19. **Charred : Cabbage with Coconut, Garlic, and Chili Crisp** is a flavor explosion that proves vegetables can be exciting, bold, and utterly satisfying. Try this dish today and discover more creative recipes on Chef Maniac!

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