

# SIMPLE SAUTÉED NAPA CABBAGE RECIPE

by **KATIE WEBSTER**

August 27, 2021

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I know that you love an easy veggie side dish with only a few basic ingredients, so I am popping in here today to share my latest obsession: Simple Sautéed Napa Cabbage with garlic, ginger and scallions. It takes 15 minutes to make and uses 8 cups of one of the best year-round seasonal veggies: Napa cabbage!





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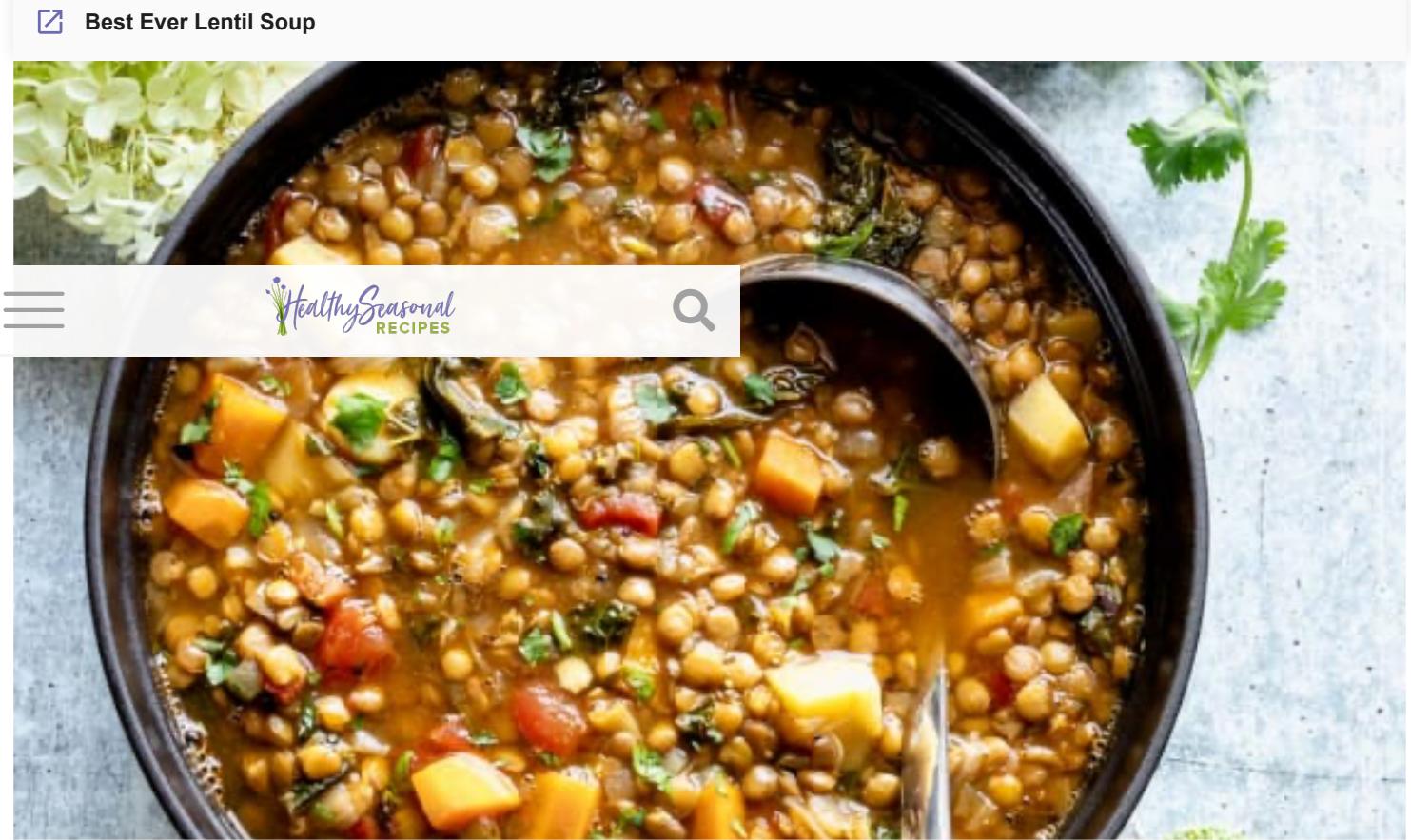
# WHY WE LOVE THIS SIMPLE SAUTÉED NAPA CABBAGE RECIPE

As I mentioned when I shared this recipe for [Napa Cabbage Caesar Salad](#), Nappa cabbage is one of those veggies we should all embrace a bit more! It is an earth-friendly vegetable because it can be stored for a long time.

That means even in cold climates, like in the Northern USA, you can buy locally grown Napa year round! It is a staple vegetable in many cold-climate winter CSAs.

## LATEST TRENDING RECIPES ON HEALTHY SEASONAL RECIPES

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In other words, even though it is harvested in the summer months, it can be stored and eaten in the winter. That means having lots of ways to prepare it is always a great

idea. Today's recipe is a perfect example how you can make it taste super savory with only a few seasonings.

I am sharing this easy veggie [side dish recipe](#) today because it is my goal to help you find tons of easy and useful ways to enjoy more veggies. I do this because more than **90% of readers say they are interested in learning about how to incorporate more vegetables into their diet.** (Note: If you haven't yet, you can take the [latest reader survey here!](#))

This Napa Cabbage recipe is a great one to try if Napa cabbage is a new veggie for you. The cooking technique is so easy and the flavors (ginger and garlic) are easy to incorporate into a variety of meals. Try it alongside [sesame noodles](#) or [peanut noodles](#). Or you can serve it with [Ginger Lime Black Cod](#) or [Maple Tahini Glazed Salmon](#).

## INGREDIENTS FOR THIS STIR-FRIED NAPA CABBAGE

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## NAPA CABBAGE

Napa cabbage is a variety of Chinese Cabbage and can be found in the produce section of large supermarkets, health food stores and farmers' markets. Store it in plastic to prevent it from wilting. Remove any outer leaves that show signs of insect damage.

For this recipe, you will need 8 cups of chopped Napa [cabbage](#).

## HOW TO CUT THE CABBAGE

- 1 Cut the head of cabbage in half lengthwise (as in the photo above) and then again into quarters.
- 2 Remove the core.
- 3 Cut each quarter into long 1-inch wide lengths.
- 4 Cut crosswise into 1-inch square pieces.

## GARLIC AND GINGER

To season this dish, you will need minced ginger and garlic. Remove the peel and chop with a chef's knife.

Tip: To easily remove the skin of the ginger, scrape it with the edge of a soup spoon. It peels right off without sacrificing any of the ginger root.

## OIL

I usually recommend using certified Organic canola oil or avocado oil for high heat cooking. But you are welcome to use your preferred neutral cooking oil.

## SALT

A little goes a long way in this recipe because the Napa really cooks down a lot. One-quarter of a teaspoon of table salt is plenty. You can use [kosher salt instead, but make sure you read here why you may need to double the amount](#).

## DRY SHERRY

To deglaze the skillet and to steam (and wilt) the cabbage, you will need a small amount of dry sherry. If you do not have sherry or prefer to omit the alcohol, you can substitute 3 tablespoons vegetable broth plus 1 teaspoon rice vinegar.

Make sure you are using unseasoned sherry, *not sherry cooking wine*, which has additional sodium added to it.

## **SCALLIONS AND SESAME SEEDS**

To add additional flavor and add color and freshness you'll need two sliced scallions to add at the end. We also liked the way that a sprinkling of sesame seeds tasted on top. Toasted sesame seeds are even better!

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## **STEP BY STEP INSTRUCTIONS FOR MAKING THIS EASY NAPA CABBAGE RECIPE**

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## STEP 1: COOK THE GARLIC AND GINGER

Heat the oil over high heat in a large skillet. (Do not use non-stick skillets for high heat cooking!) Add garlic and ginger, and cook, stirring constantly until fragrant and starting to brown, about 30 seconds.

## STEP 2: STIR-FRY THE NAPA CABBAGE

To coat the cabbage with the ginger and garlic, add the Napa into the skillet, and stir it well. The skillet will seem very full. This is normal, and it will cook down in the next step.



### STEP 3: DEGLAZE AND STEAM THE CABBAGE

Next, pour in the sherry to quickly stop any browning and add moisture to the skillet. Cover the skillet with a large well-fitting lid and let the Napa cabbage wilt for about 2 minutes. This will help make the amount of napa in the skillet more manageable to sauté.

### STEP 4: FINISH COOKING

Remove the lid. Sprinkle on the salt, and stir-fry the cabbage until it is just tender but not completely limp. This only takes 1 to 2 minutes. **Do not overcook it or it will become watery.**

Remove the skillet from the heat and stir in the scallions. Sprinkle on the sesame

seeds before serving.





## EXPERT TIPS AND FAQS

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### What is Napa Cabbage?

Napa cabbage is a type of Chinese cabbage originating from the Beijing area. Translated from Chinese, its name is roughly “big white vegetable.” Napa cabbage is best grown in the cooler part of the growing season when days are more mild and short. It can be kept in cold storage for several months and is a great year-round vegetable. It can be eaten raw in [salads](#) or [slaws](#) or cooked.

### Can this recipe be made ahead?

This recipe is best when made just before serving. The Napa cabbage can be cut and the garlic, scallions and ginger chopped in advance. Cook it just before serving. Leftovers can be enjoyed cold, as reheating makes the sauté too watery.

### Can I add chilies to make this spicy?

Yes! You can use red pepper flakes or Korean red chili flakes to taste. Add them into the sauté in step two with the cabbage.

### Are there other ways to season sautéed Napa cabbage?

Instead of using ginger, scallions and sesame try a different flavor profile. Saute the garlic with two chopped anchovies in step one. Deglaze with 3 tablespoons broth plus 2 teaspoons lemon juice. Once it comes off the heat in step 4, add on shaved Asiago cheese and black pepper on top.

## Can regular green cabbage be substituted for Napa cabbage in this recipe?

Yes regular cabbage works, however, green cabbage takes longer to cook than Napa cabbage. In step 3 add more liquid (up to 3 more tablespoons) and more cooking time (about 5 minutes total) to ensure that the cabbage wilts before proceeding to step 4.

## MORE WAYS TO USE NAPA CABBAGE

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- This recipe for [Broiled Flank Steak with minty napa cabbage slaw](#) is a great lower-carb meal to try in the months when it is too cold to grill.
- This [Easy Napa Cabbage Slaw with pomegranate seeds](#) is easy and pretty for the holidays.
- This [Slow Cooker Thai Chicken and Coconut Soup](#) has Napa cabbage added in for extra vegetable servings.
- Use Napa as a base for these [meal prep power salads with wasabi glazed salmon](#).
- This [Cucumber and Napa Cabbage coleslaw](#) has always been a fan favorite here.
- If you love caesar salads, try our creamy and zesty [Napa Cabbage Caesar salad](#) for something a little different!



## MORE SIMPLE VEGETABLE SIDE DISH RECIPES TO TRY

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- 1 Our [Simple Brussels Sprouts](#) with garlic are so yummy but easy and fool-proof!
- 2 This [Simple Sautéed Swiss Chard](#) is a great way to use swiss chard if you have never tried it before.
- 3 This [Easy Sautéed Zucchini](#) is the best way to make zucchini on the stovetop without it getting watery.

- 4. The best way to cook green beans is this [Simple Skillet Green Beans](#) with garlic and red pepper.
- 5. Our [Steamed Cauliflower](#) with herbs is another super option for a healthy veggie side dish that's ready in minutes.
- 6. If you like asparagus, then this [Roasted Asparagus](#) with lemon and herbs is a great one to try in the spring.

- 7. This [Simple Cucumber Salad](#) is made without any oil and is low in calories, but it is still completely yummy and fresh!
- 8. If you haven't tried [roasting beets](#) before then this is a great recipe to make. Our technique results in tender beets every time!
- 9. Fire up the grill to make this [grilled zucchini recipe](#) or our [grilled carrots](#) (not shown) are also very popular.

Thanks so much for reading. If you are new here, you may want to sign up for my free [weekly email newsletter](#) for healthy recipes delivered right to your inbox. Or follow me on [Instagram](#). If you make these recipes, please come back and leave a star **rating and review!** It is very appreciated. Happy Cooking! ~Katie

# SIMPLE SAUTEED NAPA CABBAGE

 AUTHOR: [KATIE](#)  PREP TIME: 15 MINUTES  COOK TIME: 10  
 TOTAL TIME: 15 MINUTES  YIELD: 3 1/2 CUPS  1X  CATEGORY: SIDE DISH  
 METHOD: STOVE TOP  CUISINE: ASIAN



5 from 2 reviews

[PIN RECIPE](#)

## DESCRIPTION

This recipe for Simple Sauteed Napa Cabbage with garlic, ginger and scallions is an easy low-calorie side dish featuring Napa cabbage and it only takes 15 minutes to make!

SCALE   

## INGREDIENTS

2 tablespoons neutral cooking oil such as avocado

2 cloves garlic, minced

1 tablespoon minced ginger root

8 cups napa cabbage, chopped into bite-sized pieces

3 tablespoons dry sherry (or 3 tablespoons vegetable broth plus 1 teaspoon rice vinegar)

¼ teaspoon salt

2 scallions, chopped

Sesame seeds, preferably toasted, for garnish, optional

## INSTRUCTIONS

- 1 Heat oil over high heat in a large skillet (not non-stick.) Add garlic and ginger, and cook, stirring constantly until fragrant and starting to brown, about 30 seconds.
- 2 Stir in Napa cabbage (the skillet will be full.)
- 3 Add dry sherry and cover with a well-fitting lid. Let cook about 2 minutes to allow the Napa to wilt.
- 4 Remove lid and sprinkle with salt. Cook, stirring often until the cabbage is tender, but not completely limp, 1 to 2 minutes. Stir in scallions and remove from the heat. Serve sprinkled with sesame seeds.

## NOTES

### HOW TO CUT NAPA CABBAGE

- 1 Cut the head of cabbage in half lengthwise and then again into quarters.

- 2 Remove the core.
- 3 Cut each quarter into long 1-inch wide lengths.
- 4 Cut crosswise into 1-inch square pieces.

## NUTRITION

**SERVING SIZE:** 3/4 cup each, **CALORIES:** 104, **SUGAR:** 0 g, **SODIUM:** 171 mg, **FAT:** 7 g, **SATURATED FAT:** 1 g, **CARBOHYDRATES:** 7 g, **FIBER:** 0 g, **PROTEIN:** 3 g

## DID YOU MAKE THIS RECIPE?

If you love this recipe as much as I do, be sure to [leave a review](#) or share it on Instagram and tag [@HealthySeasonal](#).

### ABOUT THE AUTHOR

## KATIE WEBSTER



Katie Webster studied art and photography at Skidmore College and is a graduate of the New England Culinary Institute. She has been a professional recipe developer since 2001 when she first started working in the test kitchen at EatingWell magazine. Her recipes have been featured in

numerous magazines including Shape, Fitness, Parents and several Edible Communities publications among others. Her cookbook, *Maple* {Quirk Books} was published in 2015. She launched Healthy Seasonal Recipes in 2009. She lives in Vermont with her husband, two teenage daughters and two yellow labs. In her free time, you can find her at the gym, cooking, stacking firewood, making maple syrup, and tending to her overgrown perennial garden.

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### 3 COMMENTS ON “SIMPLE SAUTÉED NAPA CABBAGE RECIPE”

**JEAN** — SEPTEMBER 12, 2021 @ 6:23 PM REPLY

Such a delicious way to enjoy napa cabbage! I love the flavors.

★★★★★

**JENNIFER** — SEPTEMBER 6, 2021 @ 7:01 AM REPLY

So simple and delish with our dinner last night! Hubby a spicy lover (and I'm not) so I pulled my serving out of the skillet first before stirring in some red pepper flakes for his, like you suggested!

**MEGAN STEVENS** — SEPTEMBER 6, 2021 @ 5:43 AM REPLY

I love what the dry sherry adds to this dish. I forget to use ingredients like that to add

depth to the flavors. So yummy! Love this with fresh fish.

★★★★★

# Welcome!

Hi, I'm Katie and this is my Vermont kitchen. I'm a classically trained chef, cookbook author and seasonal produce fanatic. My mission is to make dinnertime easier for busy families.

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