GERMAN · LUNCH · DINNER

Krautfleisch (Austrian Cabbage and Minced Meat Pan)

Krautfleisch

45 min · Serves 2 · 642 kcal a serve · Video 9:57 in German · Polsen kocht pannonisch 's Beste

Gluten-free ingredients · No dairy listed · No nuts listed

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Just meat, cabbage, onion and spices with no flour: about 38 g of protein and 14 g net carbs a serve, plus most of a day's vitamin C from the cabbage.

Diet notes: Paleo with a swap: olive, avocado or coconut oil instead of the oil.

Ingredients 11 · SERVES 2

- [ ] 3 tbsp **oil** (such as sunflower oil)
- [ ] 1 medium **onion**, chopped
- [ ] 100 g **vegetable stock** (or water)
- [ ] 1 tsp whole **caraway seeds**
- [ ] 1½ tsp **salt**
- [ ] 1 tsp **ground black pepper**
- [ ] 2 cloves **garlic**, chopped
- [ ] 1½ tsp **sweet paprika**
- [ ] 175 g **beef mince** (half of the 350 g mixed mince, Faschiertes)
- [ ] 175 g **pork mince** (the other half)
- [ ] about 350 g **white cabbage**, core removed, finely shredded

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oil in a wide pan and fry the chopped onion until light golden, about a minute or two. 1:37
2. Pour in a splash of the vegetable stock to soften the onion, add the caraway, salt and pepper (not the paprika yet) and let the liquid boil away until it sizzles. Repeat with the rest of the stock; the softened onion later binds the dish without flour. 2:10
3. When the pan is sizzling hot again, stir in the garlic and paprika for a few seconds (paprika burns easily), then add the mince right away and stir until browned and cooked through. Turn the heat down and cover. 4:30
4. Cut the core out of the cabbage and shred it finely with a slicer or knife; use roughly as much cabbage as meat. 5:27
5. Mix the cabbage into the meat and cook over medium heat for 20–25 minutes, stirring now and then so nothing catches, until the cabbage is tender but not overcooked. 6:58
6. Taste, adjust the seasoning and serve. 8:02

> **Tip** Serves 2 as a main on its own; the cook says 2–3 with boiled potatoes or bread dumplings. A green salad keeps it low in carbs. His 1½ tsp salt makes it salty, so add less and taste. Keeps 3 days in the fridge.

The method is a summary in our words, in English — the video (in German) shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
642 kcal	38 g	20 g	6.9 g	46 g	2,010 mg
2,690 kJ	76% of a day	14 g net · 9.1 g sugars	25% of a day	11 g saturated	87% of a day
		7% of a day		59% of a day	

Energy from net carbs 9% · protein 24% · fat 67% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin K 126% · Omega-3 121% · Vitamin B12 88% · Vitamin C 79% · Selenium 70% · Zinc 63% · Vitamin B6 51% · Vitamin E 31% · Folate 25% · Iron 24% · Potassium 20%

Source of (10–19%) Magnesium 16% · Calcium 11%

⚠ One serve has about 87% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Polsen kocht pannonisch 's Beste (@polsenkocht) on YouTube — youtube.com/watch?v=3nO-uNO33zc, published 2 April 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/krautfleisch-austrian-cabbage-mince