

Sheet-Pan Stir-Fry

Recipe By *Miriam Pascal*



Cooking and Prep:  30
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Serves:  6

Contains:   

Preference: Meat

Difficulty: Easy

Diet: Low Carb

Source: Family Table by
Mishpacha Magazine

Who doesn't love a good stir-fry? Except for the part where you have to stir... and fry. It's time-consuming and leaves you with too many dishes. I stumbled on this idea by mistake, and instantly knew I had a winner. All the benefits of a stir-fry... without having to stir or fry!

Ingredients (14)

Main ingredients

- 2 pounds (1 kilogram) chicken cutlets, cut in strips
- 1 onion, sliced
- 1 zucchini, cut in long strips
- 4–6 ounces (110–170 grams) snow peas
- 1 box mushrooms, sliced
- 1 red pepper, sliced

- 4 scallions (white parts only), sliced in 1/2 horizontally
 - 1/4 cup oil
 - 4 teaspoons Gefen Sesame Oil
 - 2 tablespoons Gefen Soy Sauce
 - 4 teaspoons rice vinegar
 - 1/4 cup Gefen Honey
 - 1 and 1/2 teaspoons garlic powder
 - 1 teaspoon dried mustard powder
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Start Cooking

Prepare the Stir Fry

1. Preheat oven to 400°F (200°C). Line two baking sheets with Gefen Easy Baking Parchment Paper and set aside.
2. Combine all ingredients in a large bowl and toss to coat evenly.
3. Divide mixture between prepared baking sheets. Bake for 20 minutes, stirring halfway through.
4. Serve over rice.