

MARLEY SPOON



Fast! Sheet Pan Chicken & Veggie Stir-Fry

with Ready to Heat Jasmine Rice



ca. 20min



2 Servings

Everything you love about a stir-fry but with an even easier cooking method thanks to the sheet pan. An array of veggies—carrots, snow peas, and broccoli—broil alongside lean chicken strips for a well balanced meal. A sweet and savory sauce of kecap manis, sesame oil, and tamari add instant flavor to the chicken and veggies piled onto fluffy jasmine rice. A final sprinkle of scallions and cashews add delicious crunch.

What we send

- 3 oz carrots
- 4 oz snow peas
- ½ lb broccoli
- 2 scallions
- 1 oz salted cashews³
- 10 oz pkg chicken breast strips
- 1.8 oz kecap manis^{2,4}
- 2 (½ oz) tamari soy sauce²
- ½ oz toasted sesame oil¹
- 8.8 oz ready to heat jasmine rice

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microwave

Allergens

Sesame (1), Soy (2), Tree Nuts (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 34g, Carbs 84g, Protein 46g



1. Prep ingredients

Preheat broiler with a rack 4-6 inches from top of the oven.

Cut **carrots** crosswise on an angle into ¼-inch thick ovals. Trim **snow peas**, if desired. Cut **broccoli** into 1-inch florets, if necessary. Trim and thinly slice **scallions**. Coarsely chop **cashews**.

Pat **chicken** dry.



4. Finish & serve

Remove **veggies** and **chicken** from oven; toss directly on baking sheet with **sauce**.

Serve **stir fry** over **rice**. Sprinkle with **scallions** and **cashews**. Enjoy!



2. Prep stir fry

Add **carrots, snow peas, broccoli**, and **chicken** to a baking sheet and toss with **3 tablespoons oil**. Season with **salt** and **pepper**; spread in a single layer.

Broil on top oven rack until chicken is cooked through and veggies are tender and starting to brown, 5-10 minutes (watch closely).



3. Make sauce

Meanwhile, in a small bowl, combine **kecap manis, sesame oil**, and **all of the tamari**.

Transfer **rice** to a bowl; cover and microwave on high until steaming, 1-2 minutes.



5. ...

Looking for more steps?



6. ...

You won't find them here! Enjoy your Marley Spoon meal!