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Sheet Pan Scrod with Vegetables and Garlic Ginger Sauce

INGREDIENTS

Serves 2

3 tablespoons oyster sauce

1 tablespoons soy sauce

1 ½ teaspoons sesame oil

2 garlic cloves, peeled and minced

1 tablespoon chopped fresh ginger

2 tablespoons chopped scallions

2 tablespoons chopped cilantro

1 pound scrod filet (see alternatives below)

½ pound asparagus

4 baby bok choy

1 tablespoon neutral oil, like avocado oil

Cooked white rice, cooked soba noodles, or 1 package shirataki noodles for serving

Alternatives:

- 1 (14-ounce) package extra-firm tofu, drained and sliced crosswise into 8 (1/2-inch-thick) slabs
- Swordfish or salmon
- Chicken breast, thighs, or pork chops-increase the cooking time to 25-30 minutes depending on the thickness of the meat. Add vegetables to the pan 10 minutes into the cooking time.
- Add 1 large sliced red pepper
- Add 1/2 of a red onion, sliced
- Substitute green beans

EQUIPMENT

cutting board

chef's knife

tablespoon measure

small bowl

dinner plate

rubber spatula or similar

one rimmed sheet pan (15X10" to 17X12" or half-sheet pan that best fits your oven)