

One-Pan Stir-Fry 4 Ways

Time to bust out the wok.

Posted on January 21, 2017, at 4:32 p.m.

By [Alix Traeger](#) (BuzzFeed Motion Pictures Intern), [Tasty](#) (BuzzFeed Staff), [Greg P. Gleason](#) (BuzzFeed Motion Pictures Intern)

One-Pan Stir-Fry 4 Ways



Alix Traeger / Via BuzzFeed

Here's a video that shows you how to make all of them:





youtube.com

Stir-Fry Sauce

INGREDIENTS

½ cup soy sauce

¼ cup honey

2 cloves garlic

1 teaspoon ginger

1 tablespoon sesame seeds

PREPARATION

1. Mix together all ingredients in a small bowl.
2. Use sauce with your stir-fry of choice!

Beef and Broccoli Stir-Fry



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INGREDIENTS

Servings: 2

1 pound flank steak, cubed

1 teaspoon salt

1 teaspoon pepper

2 cups broccoli, diced

Stir-fry sauce

PREPARATION

1. Heat oil over a nonstick pan and add beef stirring until brown.
2. Pour sauce in pan and stir to coat meat.
3. Once the sauce is bubbling, add the veggies to the pan and stir again to coat.
4. Cook until meat is cooked through and veggies are soft.
5. Serve over rice or alone.
6. Enjoy!

Pork and Asparagus Stir-Fry



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INGREDIENTS

Servings: 2

1 pound pork loin, cubed

1 teaspoon salt

1 teaspoon pepper

1 cup asparagus, trimmed and cut

1 cup red pepper, diced

1 portion stir-fry sauce

PREPARATION

1. Heat oil over a nonstick pan and add pork stirring until cooked.
2. Pour sauce in pan and stir to coat meat.
3. Once the sauce is bubbling, add the veggies to the pan and stir again to coat.
4. Cook until meat is cooked through and veggies are soft.
5. Serve over rice or alone.
6. Enjoy!

Shrimp and Green Bean Stir-Fry



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INGREDIENTS

Servings: 2

1 pound shrimp, peeled and deveined

1 teaspoon salt

1 teaspoon pepper

1 cups broccoli, chopped

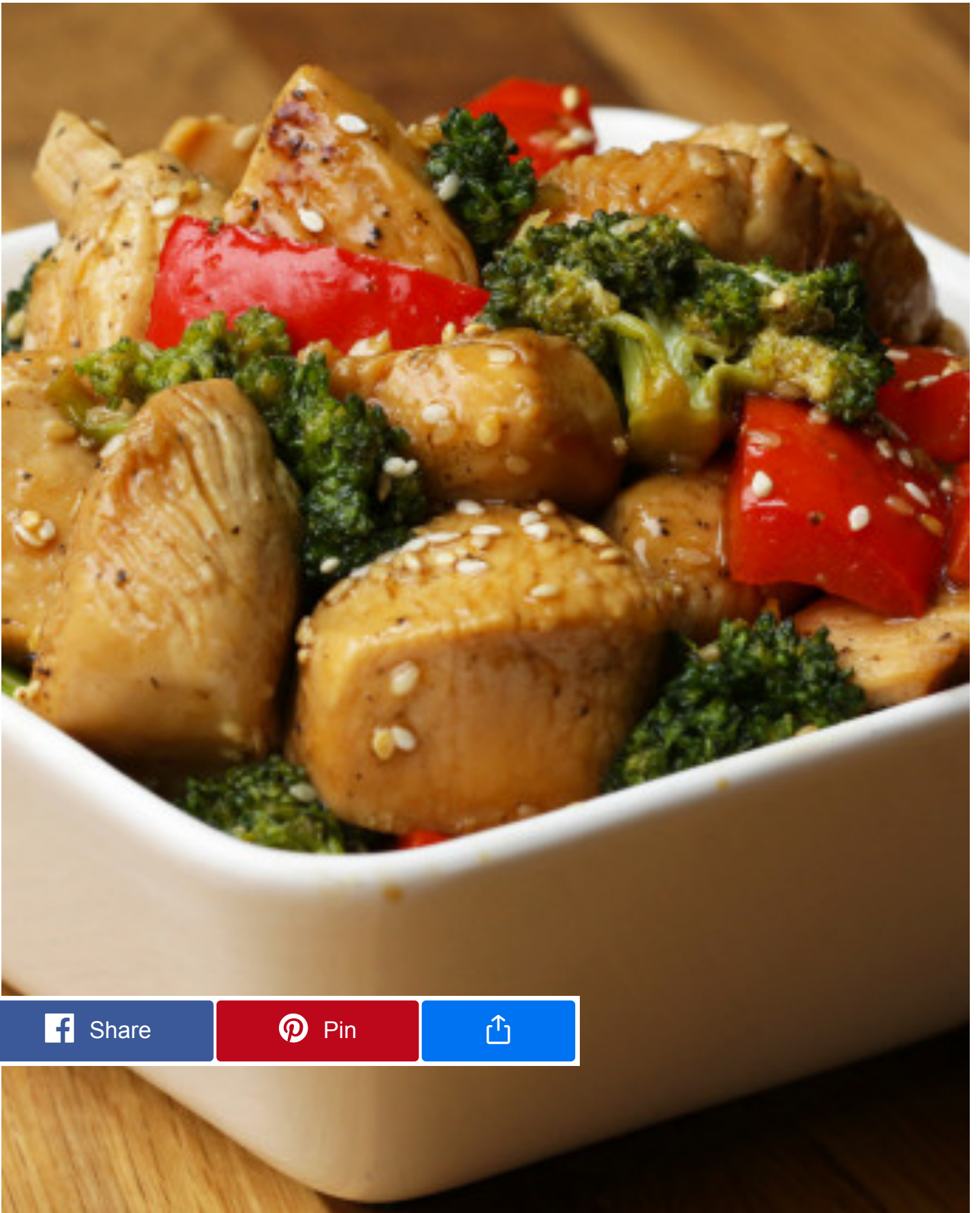
1 cup carrots, sliced

Stir-fry sauce

PREPARATION

1. Heat oil over a nonstick pan and add shrimp stirring until cooked.
2. Pour sauce in pan and stir to coat meat.
3. Once the sauce is bubbling, add the veggies to the pan and stir again to coat.
4. Cook until meat is cooked through and veggies are soft.
5. Serve over rice or alone.
6. Enjoy!

Chicken and Broccoli Stir Fry



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INGREDIENTS

Servings: 2

1 pound chicken, cubed

1 teaspoon salt

1 teaspoon pepper

1 cup broccoli, chopped

1 cup bell pepper, diced

Stir-fry sauce

PREPARATION

1. Heat oil over a nonstick pan and add chicken stirring until cooked.
2. Pour sauce in pan and stir to coat meat.
3. Once the sauce is bubbling, add the veggies to the pan and stir again to coat.
4. Cook until meat is cooked through and veggies are soft.
5. Serve over rice or alone.
6. Enjoy!

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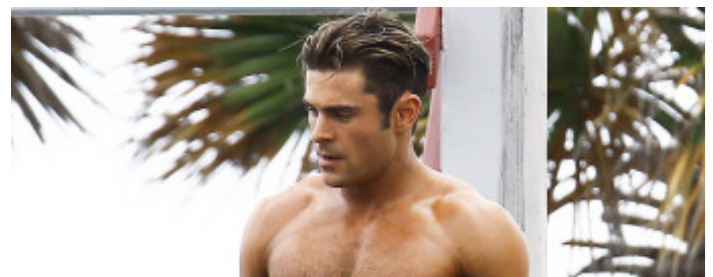
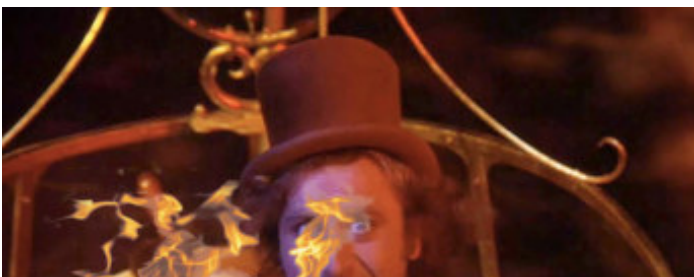
17 Hilarious Tweets That Are Just Crazy Relatable



17 Ways To Make A Small Room Feel So Big



18 Things You'll Understand If You're 50% Fit And 50% Lazy

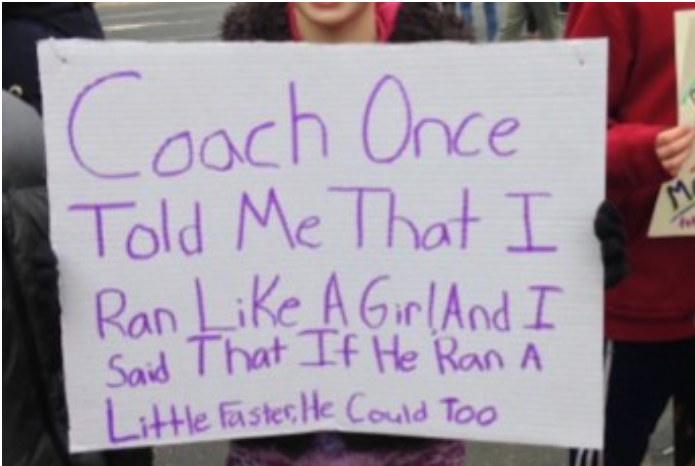




This Crazy Theory About "Willy Wonka And The Chocolate Factory" Actually Makes Sense



Literally Just 17 Hilarious Tweets About Zac Efron's Abs



24 Pictures That Prove Teenage Girls Are The Future



Can You Score 10/10 On This Disney-Pixar Trivia Quiz?

I asked my sister how big she wanted her pancakes and she said " it doesn't matter"



19 Of The Most "Thanks, I Guess?" Things That Have Ever Happened

When you tell her to Bach that ass up



21 Pictures That Will Make Music Majors Laugh Harder Than They Should



Lucy Hale Has Apologised For Sharing A Photo Showing Off Her "Baby Hairs"

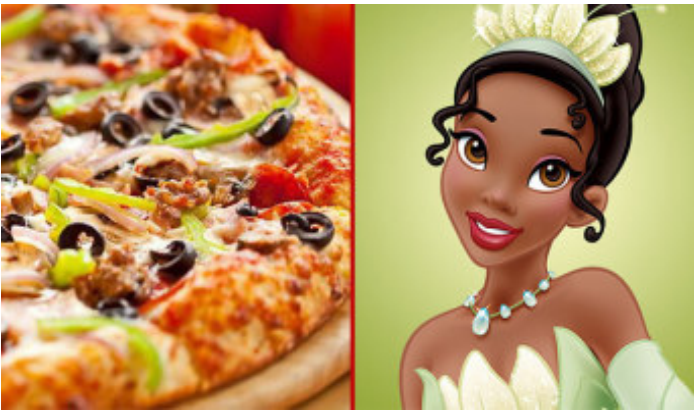


29 Nasty Things Every Sibling Has Done





Donald Trump's Top Adviser And Daughter Were Registered To Vote In Multiple States



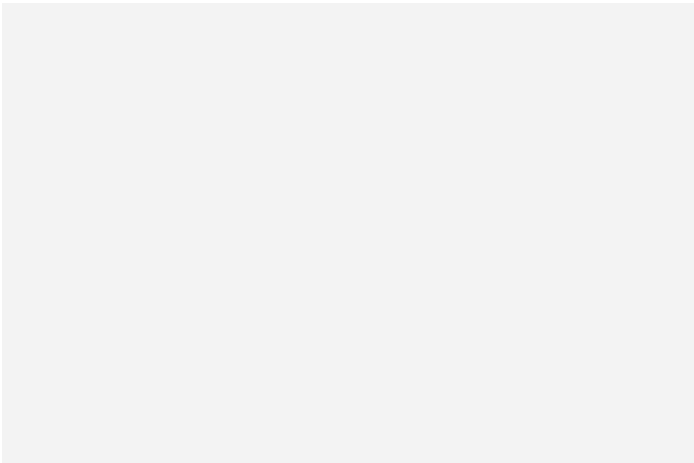
Build A Pizza And We'll Tell You Which Disney Princess You Are



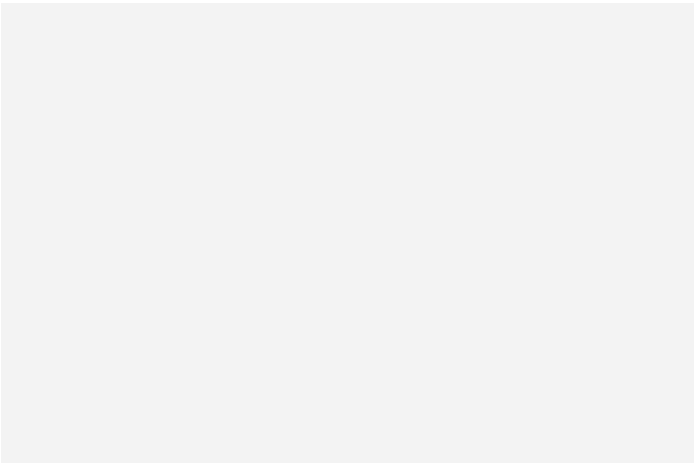
19 Tumblr Posts That Will Have You Questioning Things You'd Never Thought About



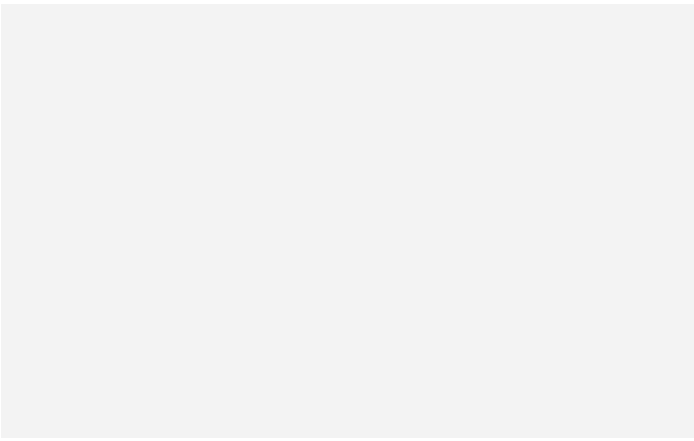
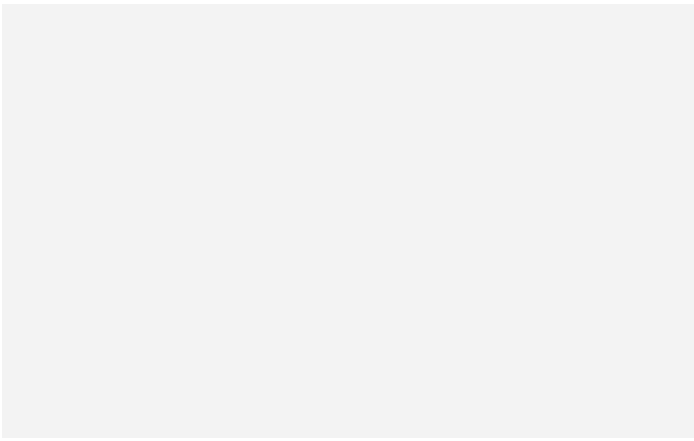
29 Things For Anyone Who's Feeling Stressed



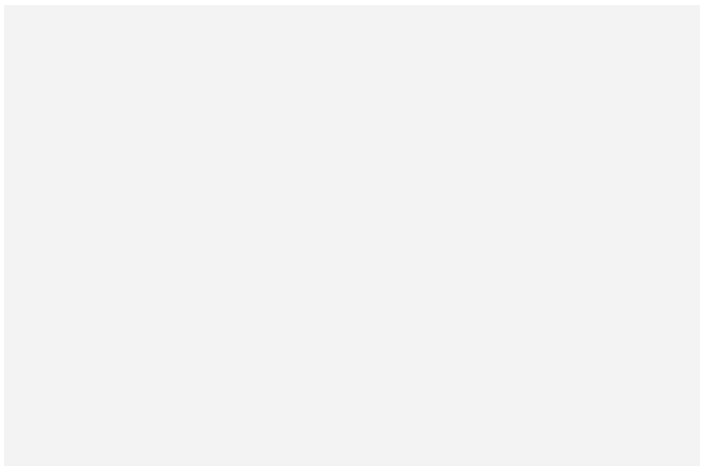
I Found The Best Drugstore Mascaras That Are Actually Worth Your Money



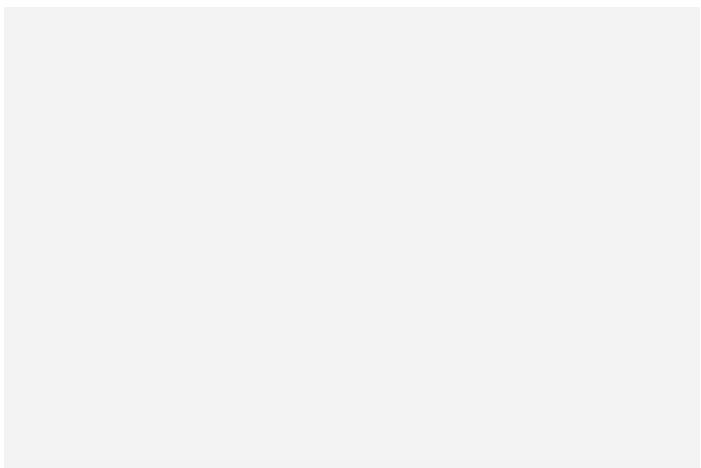
This Impossible Animal Quiz Will Determine Which Disney Princess You Are



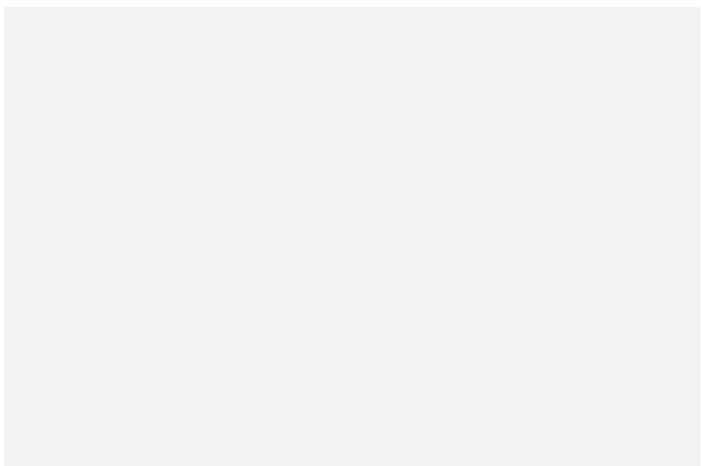
14 Things That Make New Parents Say "Babies Are Weird"



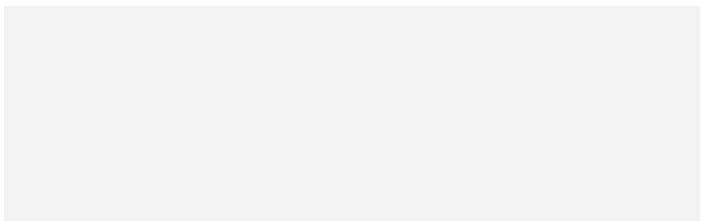
24 Nintendo Facts That Will Change The Way You Game



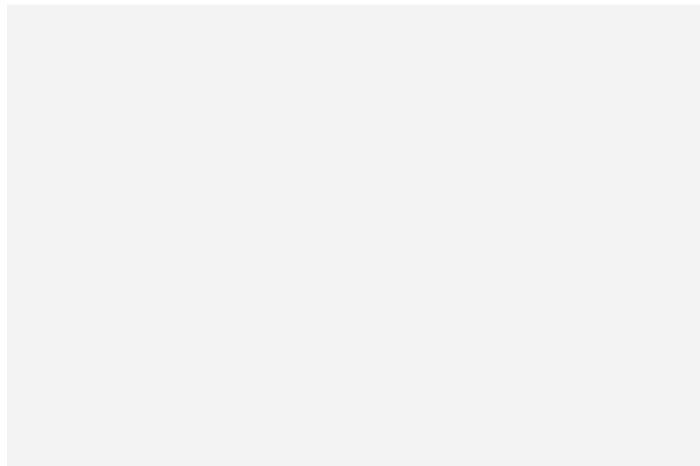
Pick A Bunch Of Snacks And We'll Tell You What To Watch On Netflix In February



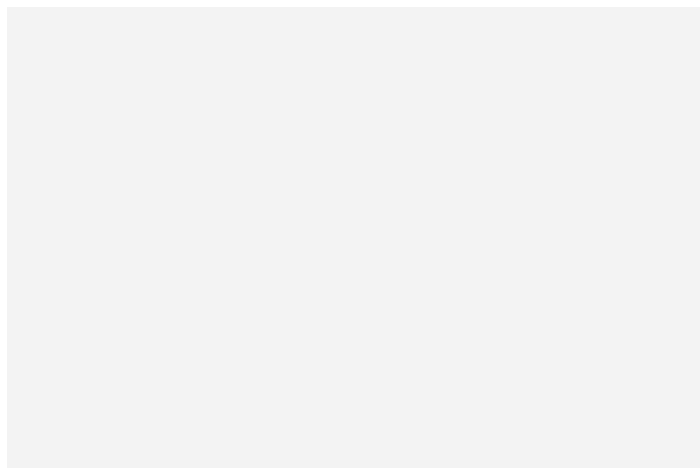
Marvel's Queer Latina Superhero Gets The Beyoncé Treatment And It's Awesome



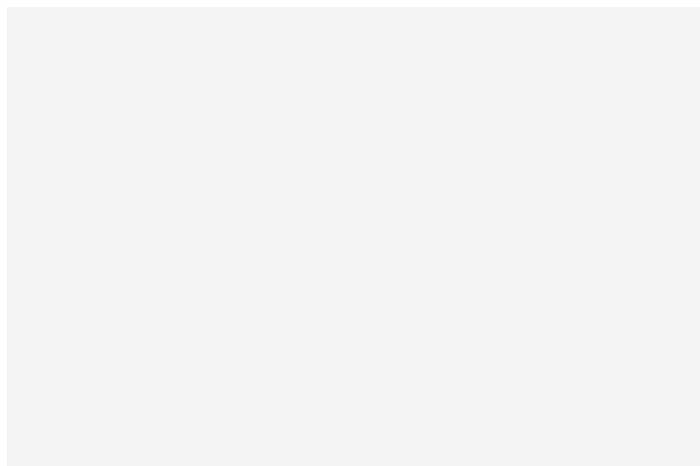
This Student Made A Shocking And NSFW Art Piece That Depicts The Aftermath Of Sexual Assault



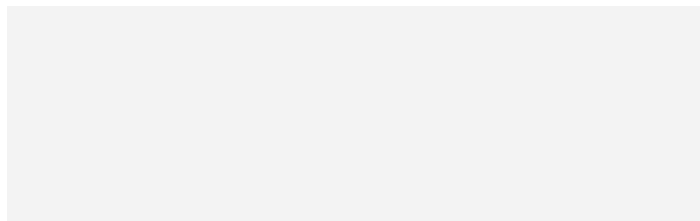
You Have 10 Minutes To Steal One Thing, What Do You Take?

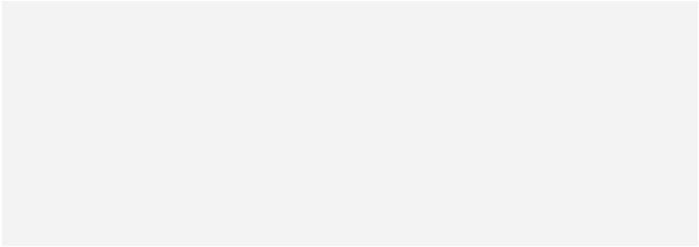


Scarlett Johansson Is Single Again

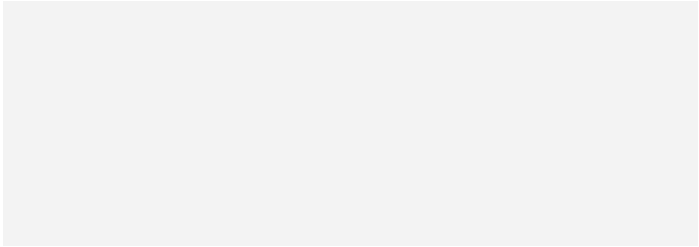


The Reason No One Calls Matthew McConaughey "Matt" Is Incredibly Relatable

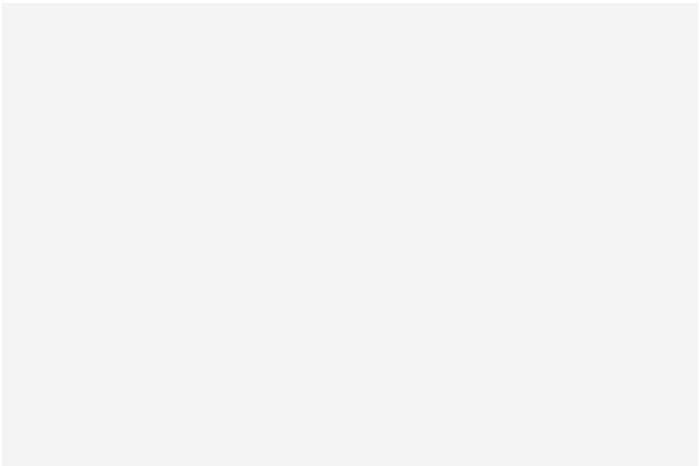




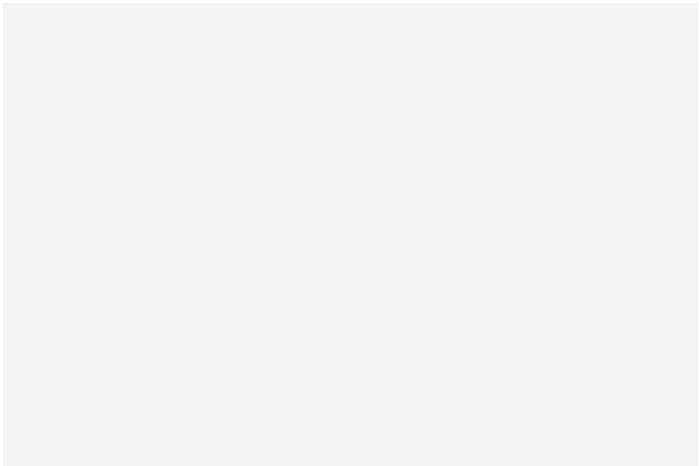
Would You Rather: The '90s Cartoons Edition



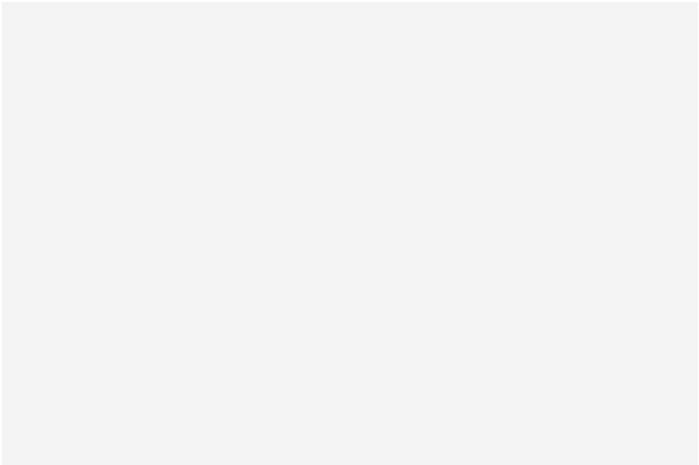
15 Pixar Cakes Made By The World's Most Creative Bakers



Create Your Own Disney Life And We'll Tell You When You'll Get Married



12 Weird Short Forms Of Popular Names That Make You Go "Huh?"



17 Badass Historical LGBT Women Who Gave Absolutely No Fucks

