

## Black Pepper Chicken



Serves	Prep Time	Cooking	Total Time	Calories
<b>4 people</b>	<b>5 minutes</b>	<b>20 minutes</b>	<b>25 minutes</b>	<b>270 kcal</b>

### Stuff that's in it:

- 570G Chicken Breast (Sliced Into Thin Strips)
  - 1 Tbsp Rapeseed Oil
- 100G Choi Sum, Chopped (Or Pak Choi)
  - 1 Tbsp Shaoxing Rice Wine
    - 1 Tsp Sugar
    - 1 Tsp Salt
  - 2 Tsp Sesame Oil
  - 2 Tbsp Oyster Sauce
    - 1 Onion (Diced )
- 2 Large Spring Onions (Sliced )
  - 1 Green Pepper (Sliced )
- 1 - 2 Tsp Ground Black Pepper (Use 1 If You Don't Want It Too Spicy )
  - 2 Tbsp Dark Soy Sauce
- 1 Tbsp Corn Flour Slurry (Mix With A Little Stock To Make A Paste )
  - 1 Carrot (Sliced)
  - 220Ml Chicken Stock
- 2 Tbsp Spring Onion, Chopped (To Garnish)

### **What you do:**

Heat a wok and add the oil , fry the chicken pieces all over for 2 minutes then add the onions and fry for a minute. Followed by the carrots and green peppers. Fry for a few minutes until the chicken is opaque and the onions are soft.

Add some of the stock and stir fry , then add the choy sum and large spring onions and fry. Add the remaining stock , shaoxing rice wine and oyster sauce and stir. Add the salt and sugar and then the pepper , heat until bubbling and then add the dark soy sauce , simmer for 5 minutes then add the cornflour slurry, stir until thick and finish by adding a little sesame oil and garnish with the spring onion

Goes great with rice

### **Nutrition**

- Carbs: 10g
- Fat: 7g
- Protein: 36g
- Fibre: 2g
- Saturated Fat: 1g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

**[www.fitfastcook.com](http://www.fitfastcook.com)**