

Chinese Black Pepper Chicken

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-black-pepper-chicken-chinese-style>

Ingredients:

- 500 grams chicken thighs or Breasts
- 1 bell pepper Medium, Cubed
- 2 stalks celery Optional Cubed
- 2 stalks spring onions
- 1 medium onion Cubed
- 1 tablespoon garlic minced
- 1/4 cup soy sauce
- 1 tablespoon oyster sauce
- 1/4 cup chicken stock or rice wine vinegar
- 1 tablespoon black pepper halved
- 1 tablespoon sesame oil
- 1/2 tablespoon sugar White or Brown
- 2 tablespoons cornstarch Cornflour
- 1 1/2 tablespoons vegetable or Sunflower
- salt

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 105 milligrams
4. Fat: 22 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 5 grams
8. Sodium: 1340 milligrams
9. Sugar: 4 grams

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