

# Pepper Chicken Stir Fry

Yield: 4 min  
Total Time: 55 min

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

## Ingredients:

- 4 chicken breasts cut into 1 inch pieces
- 2 tablespoons light soy sauce
- 1 teaspoon minced garlic
- 1 tablespoon toasted sesame oil
- 1 teaspoon ground black pepper
- 1/4 cup oyster sauce
- 2 tablespoons light soy sauce
- 2 tablespoons vinegar
- 1 teaspoon ground black pepper
- 1/2 cup water
- 3 tablespoons cornstarch divided
- 3 tablespoons vegetable oil divided
- 1 onion large, cut into 1 inch pieces
- 1 green bell pepper medium, cut into 1 inch pieces
- 1 red bell pepper medium, cut into 1 inch pieces
- 4 cloves garlic finely chopped
- 1 inch ginger piece, finely chopped

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 145 milligrams
4. Fat: 20 grams
5. Fiber: 2 grams
6. Protein: 50 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1660 milligrams
9. Sugar: 3 grams

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