

Chinese Black Bean Chicken

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-fermented-black-bean-chicken-recipe>

Ingredients:

- 1 pound chicken breasts boneless skinless
- 1 tablespoon low sodium soy sauce
- 1 tablespoon canola oil
- 1 teaspoon sesame oil
- 2 cloves garlic minced
- 1 red bell pepper cut into 1" chunks
- 1 green bell pepper cut into 1" chunks
- 1 yellow onion cut into 1" chunks
- 4 tablespoons fermented black beans rinsed
- 1 tablespoon rice wine
- 1 teaspoon red pepper flakes
- 2 teaspoons rice vinegar
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 320 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Chinese Black Bean Chicken above. You can see more 19 chinese fermented black bean chicken recipe Ignite your passion for cooking! to get more great cooking ideas.