

# Chinese Salt and Pepper Chicken

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetable-salt-and-pepper-chinese-recipe>

## Ingredients:

- 1/2 cup cornstarch
- 1 tablespoon salt
- 1 1/4 tablespoons black pepper
- 1 tablespoon Chinese five-spice
- 6 skinless chicken thighs
- vegetable oil for frying
- 1 onion peeled and chopped into large chunks, about 1.5-2cm across
- 1 red chilli chopped
- 1 green chilli chopped
- 2 garlic cloves minced
- 1/2 cup scallions chopped

## Nutrition:

1. Calories: 800 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 265 milligrams
4. Fat: 53 grams
5. Fiber: 3 grams
6. Protein: 55 grams
7. SaturatedFat: 13 grams
8. Sodium: 2020 milligrams
9. Sugar: 2 grams

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