

Pepper Chicken



Prep Time
10 minutes

Cooking Time
35 minutes

Preference
Meaty

Ingredients

- 2 tbsp olive oil, divided
- 1/2 red onion, sliced
- 2 bell peppers sliced
- 3 cloves garlic, crushed
- 750g cubed chicken
- Salt and pepper
- 1 tsp crushed ginger
- 1/4 cup water
- 1/4 cup soy sauce
- 2 tbsp sugar
- 1 1/2 tbsp corn starch

Method

1. Sauté onion, peppers and garlic in 1 tbsp olive oil until just tender. Remove from pan.
2. Turn heat up to high, add remaining olive oil to pan, add chicken. Season with salt and pepper then add the ginger. Cook until the chicken is browned on all sides.
3. Mix water, soy sauce, sugar and corn starch together.
4. Add peppers to the chicken and pour over the sauce.
5. Mix until the sauce has thickened.
6. Serve over a bed of rice

💡 Tip - use 1/2 of 4 different coloured peppers to make it a more colourful dish.