



CHICKEN IN GARLIC SAUCE CHINESE

Ingredients

- 500g chicken breast, thinly sliced
- 2 tablespoons vegetable oil
- 10 garlic cloves, minced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 onion, sliced ...

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Recipe**



Chicken in Garlic Sauce!

Ingredients:

500g chicken breast, thinly sliced
2 tablespoons vegetable oil
10 garlic cloves, minced
1 red bell pepper, sliced
1 green bell pepper, sliced
1 onion, sliced
2 tablespoons soy sauce
1 tablespoon oyster sauce
1 tablespoon Chinese rice wine or dry sherry
1 teaspoon sugar
1/2 teaspoon crushed red pepper flakes
2 teaspoons cornstarch, mixed with 2 tablespoons water
Salt to taste
Freshly ground black pepper to taste
Spring onions and sesame seeds for garnish

Directions:

Heat 1 tablespoon of oil in a large skillet or wok over high heat. Add the chicken and stir-fry until it is just cooked through. Remove the chicken from the skillet and set aside.

In the same skillet, add the remaining oil. Add the garlic and stir-fry for about 30 seconds, until fragrant.

Add the bell peppers and onion to the skillet and stir-fry for 2-3 minutes, until they are just tender.

Return the chicken to the skillet. Add the soy sauce, oyster sauce, rice wine, sugar, and red pepper flakes. Stir well to combine.

Stir in the cornstarch mixture and cook for another minute, until the sauce has thickened.

Season with salt and black pepper to taste. Garnish with spring onions and sesame seeds before serving.

Prep Time: 15 minutes | Cooking Time: 10 minutes | Total Time: 25 minutes

Kcal: 220 kcal | Servings: 4 servings