

Choco Fever Dream

Black Pepper Chicken – Easy Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Chinese** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken thighs, cut into bite-size pieces
- [ ] 2 tsp freshly cracked black pepper
- [ ] 1 tbsp soy sauce
- [ ] 1 tbsp oyster sauce
- [ ] 2 cloves garlic, minced
- [ ] 1 tbsp vegetable oil
- [ ] 1 cup sliced bell peppers (any color)
- [ ] 1 tsp sugar

For the Sauce

- [ ] 2 tbsp soy sauce
- [ ] 1 tbsp oyster sauce
- [ ] 1 tsp sugar
- [ ] 1/4 cup chicken broth

Instructions

1. Pat the chicken pieces dry, then toss them with cracked black pepper and a splash of soy sauce; let sit while you heat the skillet.
2. Heat vegetable oil in a large skillet over medium-high heat; add the chicken and sear until golden on all sides, about 5-6 minutes.
3. Add minced garlic and sliced bell peppers; stir-fry for 2-3 minutes until fragrant and peppers are just tender.
4. Stir in the sauce ingredients—soy, oyster sauce, sugar, and broth—scraping up any browned bits. Simmer 3-4 minutes until the sauce thickens and coats the chicken.
5. Taste and adjust seasoning, adding a pinch more pepper or a dash of soy if needed. Serve immediately, perhaps alongside chicken soup for a comforting combo.

Nutrition per serving

380 kcal	34 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder flavor, reduce the pepper to 1 tsp.
- For extra gloss, finish with a drizzle of sesame oil just before serving.
- A quick splash of rice vinegar can brighten the sauce if it feels heavy.