



Long Livo

Black Pepper Chicken With Crisp Vegetables

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

Asian

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb chicken breast, cut into 1-inch pieces
- ☐ 2 cups mixed bell peppers, sliced
- ☐ 1 cup carrots, thinly sliced
- ☐ 1 tbsp olive oil

- ☐ 1 tsp freshly cracked black pepper

Sauce

- ☐ 3 tbsp low-sodium soy sauce
- ☐ 1 tbsp honey
- ☐ 1 tsp lime juice
- ☐ ½ tsp cornstarch mixed with 1 tbsp water

Instructions

- 1 Heat the skillet over medium-high heat, add olive oil, and wait until it shimmers.
- 2 Add the chicken pieces, sprinkle the cracked pepper, and sear until golden on all sides, about 5-6 minutes.
- 3 Stir in the sauce ingredients, then toss the vegetables in; cook, stirring constantly, until they are just tender but still crisp, roughly 4-5 minutes.
- 4 Add the cornstarch slurry, let the sauce thicken, then finish with a squeeze of lime and a final grind of pepper before serving.

Nutrition per serving

340 kcal

Calories

30 g

Protein

23 g

Carbs

11 g

Fat

Tips & notes

- If you prefer extra heat, add a pinch of crushed red pepper flakes during the sauce step.
- For a richer flavor, deglaze the pan with a splash of chicken broth after searing.
- Check out this bang bang chicken crispy snack for a fun side idea.