

Black Bean Chicken

Ingredients

- 2-3 chicken thigh fillets
- 1 large onion
- 1 yellow capsicum
- 2 tsp minced garlic
- 2 tsp minced ginger
- 1 tbsp white wine
- 2 tsp corn starch
- 1/4 tsp salt

For the sauce:

- 3 tbsp black bean paste
- 1 tbsp white wine
- 1 tbsp Worcestershire sauce
- 1 tsp soy sauce
- 1 tsp sugar
- 1/2 tsp corn starch
- 1/4 tsp black pepper

Method

1. Dice chicken fillets and toss with 1 tbsp wine, 2 tsp corn starch, and a pinch of salt, and set aside for 1-2 hours.
2. Stir-fry the chicken in sesame oil until the edges are cooked.
3. Finely dice onion and capsicum, and add to chicken pan with ginger and garlic.
4. Mix together all the sauce ingredients and add to the pan once the onion is soft.
5. Serve over rice once the sauce thickens.

Notes

Makes 3-4 serves.

Revision #3

Created 2024-12-09 18:10:34 UTC by Anna Pardee

Updated 2024-12-10 20:53:30 UTC by Anna Pardee