

Quick & Savory Black Pepper Chicken You Can Make in 30 Minutes

Looking for a fast, flavorful dinner that delivers on every bite? This



TIME
30 min

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INGREDIENTS

1 lb boneless, skinless chicken breasts, cut into bite-sized pieces ?
2 tbsp soy sauce ?
1 tbsp cornstarch ?
2 tbsp vegetable oil ?
1 bell pepper, sliced ?
1 onion, sliced ?
3 cloves garlic, minced ?
1 inch ginger, minced ?
1 tsp freshly ground black pepper ?
% tsp salt ?
2 green onions, chopped, for garnish ?
Optional: Cooked rice, for serving ?

DIRECTIONS

1. Marinate the Chicken: In a bowl, combine:
2. Chicken pieces
3. Soy sauce
4. Cornstarch
5. Mix to coat and let marinate for 15 minutes while you prep the veggies.
6. Cook the Chicken: Heat vegetable oil in a large skillet or wok over medium-high heat.
7. Add the marinated chicken and cook for 5-7 minutes, stirring occasionally, until browned and cooked through.
8. Remove the chicken from the skillet and set aside.
9. SautØ the Veggies: In the same skillet, add a bit more oil if needed. Toss in:
10. Bell pepper
11. Onion
12. Garlic
13. Ginger
14. Cook for 3-4 minutes, until tender-crisp and fragrant.
15. Combine & Season: Return the chicken to the skillet. Add black pepper and salt, stirring to coat everything evenly.
16. Cook for an additional 2 minutes to blend the flavors.
17. Serve & Garnish: Serve hot over a bed of steamed rice. Top with chopped green onions for a fresh finish.

TIPS FOR SUCCESS

Slice your chicken evenly for quick, even cooking.

Freshly ground black pepper makes all the difference-use a coarse grind for best results.

Add extra veggies like snow peas, broccoli, or baby corn to bulk it up.

Meal prep friendly : Store in individual containers with rice for a ready-to-go lunch.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/quick-savory-black-pepper-chicken-you-can-make-in-30-minutes/>