

Easy Black Pepper Chicken: My Go-To 20-Minute Weeknight Dinner

1 lb boneless, skinless chicken breasts or thighs, cut into 1-inch cubes



TIME
20 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

For the Chicken & Marinade:

1 lb boneless, skinless chicken breasts or thighs,
cut into 1-inch cubes

1 tablespoon soy sauce

1 tablespoon cornstarch

For the Sauce:

1/2 cup chicken broth

2 tablespoons soy sauce

1 tablespoon oyster sauce

1 tablespoon rice vinegar

1 tablespoon honey or brown sugar

1 teaspoon sesame oil

For the Stir-Fry:

2 tablespoons vegetable oil

1 tablespoon minced garlic

1 tablespoon grated fresh ginger

1/4 cup finely diced onion or bell pepper
(optional)

2 tablespoons coarsely ground black pepper

Garnish:

Sliced green onions or sesame seeds

Swaps and Notes:

Chicken: Boneless, skinless chicken thighs are my
personal preference because they stay juicy and
tender. Chicken breasts work perfectly fine too.

Coarse Black Pepper: Don't use fine pepper here.

The key to the flavor is freshly coarsely ground black pepper. Use a pepper mill to get the best results.

Vegetables: Feel free to add more vegetables like sliced bell peppers, broccoli florets, or snow peas. Add them with the onion in the stir-fry step.

Spice Level: If you like it spicier, add more black pepper or a pinch of red pepper flakes with the garlic and ginger.

Sweetness: You can adjust the amount of honey or brown sugar to suit your taste.

Step-by-Step Instructions:

Marinate the Chicken: In a medium bowl, combine the cubed chicken with 1 tablespoon of soy sauce and 1 tablespoon of cornstarch. Toss until the chicken is evenly coated. This simple marinade helps to tenderize the chicken and gives it a nice texture.

Make the Sauce: In a separate small bowl, whisk together the chicken broth, 2 tablespoons of soy sauce, oyster sauce, rice vinegar, honey or brown sugar, and sesame oil. Set aside.

Stir-Fry the Chicken: Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the marinated chicken in a single layer and cook for 3-4 minutes, until golden brown on all sides and cooked through. Remove the chicken from the skillet and set aside.

Sauté Aromatics: Add the remaining 1 tablespoon of vegetable oil to the skillet. Reduce the heat to medium. Add the minced garlic, grated ginger, and diced onion or bell pepper (if using). Cook for about 1 minute until fragrant.

Add the Pepper: Add the coarsely ground black pepper to the skillet and toast it for about 30 seconds, stirring constantly. This step is crucial as it brings out the pepper's flavor.

Combine & Thicken: Pour the prepared sauce into the skillet, stirring to deglaze the pan. Bring the sauce to a gentle simmer. Add the cooked chicken back to the skillet and toss everything together until the chicken is coated and the sauce has thickened to a glossy consistency.

Serve: Remove from heat and serve immediately. Garnish with sliced green onions or a sprinkle of sesame seeds.

Tips for Success:

Don't Overcrowd the Pan: Cook the chicken in a single layer to ensure a nice sear and even cooking. If you have too much chicken, cook it in two batches.

DIRECTIONS

1. **Marinate the Chicken:** In a medium bowl, combine the cubed chicken with 1 tablespoon of soy sauce and 1 tablespoon of cornstarch. Toss until the chicken is evenly coated. This simple marinade helps to tenderize the chicken and gives it a nice texture.
2. **Make the Sauce:** In a separate small bowl, whisk together the chicken broth, 2 tablespoons of soy sauce, oyster sauce, rice vinegar, honey or brown sugar, and sesame oil. Set aside.
3. **Stir-Fry the Chicken:** Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the marinated chicken in a single layer and cook for 3-4 minutes, until golden brown on all sides and cooked through. Remove the chicken from the skillet and set aside.
4. **Sauté Aromatics:** Add the remaining 1 tablespoon of vegetable oil to the skillet. Reduce the heat to medium. Add the minced garlic, grated ginger, and diced onion or bell pepper (if using). Cook for about 1 minute until fragrant.
5. **Add the Pepper:** Add the coarsely ground black pepper to the skillet and toast it for about 30 seconds, stirring constantly. This step is crucial as it brings out the pepper's flavor.
6. **Combine & Thicken:** Pour the prepared sauce into the skillet, stirring to deglaze the pan. Bring the sauce to a gentle simmer. Add the cooked chicken back to the skillet and toss everything together until the chicken is coated and the sauce has thickened to a glossy consistency.
7. **Serve:** Remove from heat and serve immediately. Garnish with sliced green onions or a sprinkle of sesame seeds.

seeds.

8. Tips for Success: Don't Overcrowd the Pan: Cook the chicken in a single layer to ensure a nice sear and even cooking. If you have too much chicken, cook it in two batches.
9. Use : Fresh Ginger and Garlic: Freshly minced garlic and ginger make a huge difference in the final flavor. Don't use powdered versions if you can help it.
10. Toast the : Pepper: Toasted black pepper has a much more robust and complex flavor than raw pepper. Don't skip this step!
11. Adjust the : Thickness: If your sauce is too thick, you can add a little more chicken broth. If it's too thin, you can mix a little more cornstarch with a tablespoon of water and stir it in.
12. Serving Suggestions and Pairings: This Black Pepper Chicken is absolutely perfect served hot over a bed of steamed rice. You can also pair it with fried rice or noodles for a more complete meal. For a little something extra, I love to serve it with a side of steamed broccoli or roasted asparagus.
13. Nutritional Information (per serving, approximate):
Calories: 380 kcal
14. Carbohydrates: 20g
15. Protein: 30g
16. Fat: 18g
17. Saturated : Fat: 4g
18. Cholesterol: 90mg
19. Sodium: 1100mg
20. Fiber: 1g
21. Sugar: 8g
22. Disclaimer: Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
23. Storage and Leftover Tips: Leftovers of this Black Pepper Chicken are fantastic. Store in an airtight container in the refrigerator for up to 3 days. To reheat, simply warm it in a skillet over medium heat or in the microwave. You may need to add a splash of chicken broth or water to loosen the sauce.
24. More Recipes You'll Love: If you enjoy fast, flavor-packed chicken dishes, you might also like these:
25. This : Mexican Chicken and Rice Casserole is my favorite one-pan dinner that's always a hit

SWAPS & NOTES

Chicken: Boneless, skinless chicken thighs are my personal

preference because they stay juicy and tender.

Chicken breasts work perfectly fine too.

Coarse Black Pepper: Don't use fine pepper here.

The key to the flavor is freshly coarsely ground black pepper .

TIPS FOR SUCCESS

Don't Overcrowd the Pan: Cook the chicken in a single layer to ensure a nice sear and even cooking.

If you have too much chicken, cook it in two batches.

Use Fresh Ginger and Garlic: Freshly minced garlic and ginger make a huge difference in the final flavor.

Don't use powdered versions if you can help it.

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

Original recipe: <https://chefmaniac.com/easy-black-pepper-chicken-my-go-to-20-minute-weeknight-dinner/>