



Quick Grilled Chicken in Black Pepper Sauce

Ingredients

- 2 tbsp Cooking Oil
- 500 g Chicken Breast
- 1 Yellow Onion
- 5 cm Young Ginger
- 4 cloves Garlic
- 1 cup Button Mushroom
- 40 g MAGGI® Black Pepper Paste
- 1 cup Water
- 2 Red chili
- 100 g Spring Onion

Instruction

1. Preheat a large, stainless-steel pan over medium-high heat. Once the pan has reached the right temperature, add in the cooking oil.
2. Add in the onion, ginger, garlic and button mushrooms. Sauté until the onion turns tender.
3. Then, add the chicken to the pan and cook, stirring constantly, until it loses its pink colour throughout.
4. When the chicken turns tender, stir in the MAGGI® Black Pepper Paste and a cup of water. Cook down the sauce until it's thickened.
5. Lastly, add in the red chillies and spring onions.
6. This peppery chicken dish goes particularly well with a hot plate of rice along with sautéed French beans or grilled asparagus.

Nutrition

Carbohydrates	9.48 g
Energy	178.27 kcal
Fats	6.05 g
Protein	20.99 g

🕒 22 Minutes

⊕ 6 servings