

eismann

Pepper Chicken



Pepper Chicken – 4 portions

15 minutes prep time

15 minutes cooking time

Ingredients 97049 – Eismann Free Flow Diced Chicken – 450g
 18053 – Eismann Extra Virgin Olive Oil – 2 tbsp
 5041 – Eismann Whole Green Beans – 150g
 5314 – Eismann Sliced Mixed Peppers – 300g
 Pineapple – 250g diced
 Garlic – 1 clove crushed
 Red Chilli Pepper – 1 seeded and diced
 Bamboo shoots – 100g diced
 Cornflour – 1 tsp
 White wine – 2 tbsp
 Soy Sauce – 2 tbsp
 Chicken Stock – 4 tbsp
 Salt

Preparation

Heat the olive oil in a wok and add the diced chicken. Fry until the chicken is browned. Add the crushed garlic.

Add the wine, soy sauce, chicken stock, chilli pepper and cornflour. Stir fry for 2 minutes then add the whole green beans, sliced mixed peppers and pineapple and stir fry for 7-9 minutes.

Add bamboo shoots and stir fry for another 2 minutes.

Serve with white rice or for an interesting alternative serve with 5613 – Eismann Asian Noodle Stir Fry.