

GARLIC PEPPER CHICKEN

Ingredients:

- 2 chicken breast
- Olive oil
- Salt and pepper
- 1.5 tablespoon butter (or margarine)
- Green onion (garnish)

Sauce:

- 3 tablespoon oyster sauce
- 2 tablespoon soy sauce
- 1 teaspoon black pepper
- 1/2 head of garlic, minced
- 2 tablespoons honey
- 2.5 tablespoons ketchup



Instructions:

- (1) Cut chicken breasts thinly down the middle (to make them thinner). Pat dry with a paper towel and lightly season with salt and pepper.
- (2) Add enough oil to a pan to coat the bottom and heat on high. When hot, add the chicken breasts, single layer, and sear for 2-3 minutes on each side. Remove from pan (they will not be fully cooked yet) and place on a plate.
- (3) Add the butter to the pan and melt. Whisk together the sauce ingredients and then add to pan as well. Heat until simmering.
- (4) Add the chicken back into the pan and stir well with the sauce. Cover and reduce heat to low. Simmer for about 10 minutes, flipping half-way through, or until cooked.
- (5) Garnish with green onion and serve with rice and extra sauce from the pan.