



BLACK PEPPER CHICKEN

Ginger Marinated Chicken Breast in a Spicy Black Pepper Sauce

My 2nd favorite dish to get at Panda Express, as far as their chicken entrees go, has always been their Black Pepper Chicken. However, I stopped getting it once I joined WW, because I'm a points hoarder. So... I've finally gotten around to making my own version. This dish is extremely simple to make, and other than fresh ginger and some rice vinegar, uses common ingredients that most everyone already has. This lightened version is extremely flavorful, with a smoky and savory sauce, that allows you to control the heat. Remember... use COARSE ground pepper, they sell it like that at the store, in the spice aisle.

Servings Info.:

Yields: 5 cups

Servings: 4

Serving Size: 1-1/4 cup



- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Chicken:

- 1.5 pounds boneless skinless chicken breast, or chicken breast tenderloins, cut into bite sized chunks.

Marinade:

- 2 Tbsp reduced sodium soy sauce
- 2 Tbsp rice vinegar
- 1/4 tsp baking soda (trust me)
- 1 tsp fresh ginger minced. Or you can use 1/4 tsp ground ginger, but the flavor won't be as awesome-sauce.

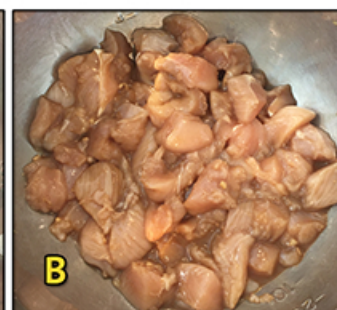
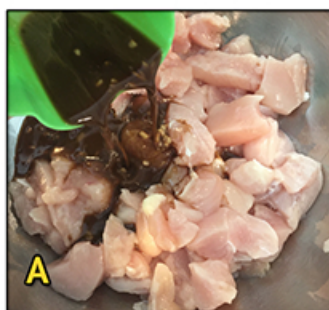
Black Pepper Sauce

- 5 Tbsp reduced sodium soy sauce
- 1/2 tsp 0 point sweetener o' choice
- 2-1/2 tsp 'dark' soy sauce
- 1-1/2 tsp cornstarch dissolved into 1 Tbsp water
- 1 Tbsp COARSE GROUND black pepper, to taste***

Additional Ingredients:

- 1 large onion, quartered and rough chopped (see pictures)
- 5 large celery ribs, sliced on a bias, about 1/4 inch thick
- Additional salt 'n peppa (not the 90's group), if needed.
- Green onion, thin sliced, for garnish
- Up to 1 tsp sesame seeds, for garnish

Directions:



1. (A) Cut all of the chicken into bite sized pieces and place into a mixing bowl. Stir together the marinade ingredients, then add to the chicken. (B) Cover and set aside for 30 minutes.



2. (A) Slice the celery at a bias, keeping the slices around 1/4" thick. (B) Then, quarter the onion and chop it into good sized chunks. We aren't going for a fine dice. Reference the picture at the top of the page for a good visual. Set aside.

3. Preheat a large pan or wok over high heat, till a splash of water in the pan immediately evaporates.



4. **(A)** Spray the pan with cooking spray, then add the chicken. Cook over high heat until just browned. In a large pan, it took 5 minutes for me, but in a wok it might be faster. **(B)** Remove chicken from the pan and set aside. Add onions and celery to the pan, and cook over high heat until slightly softened and beginning to caramelize/brown around the edges. **(C)** Add the chicken back into the pan, along with the black pepper, toss to combine. **(D)** Stir the cornstarch into the remaining 5 Tbsp of soy sauce, then pour into the pan, still cooking at high heat. The sauce should immediately begin to sizzle, reduce and thicken, turning into a thick sauce that coats the chicken. Done. Garnish with thin sliced green onions and a 0 point amount of sesame seeds.

NOTES & SUGGESTIONS:

- **VINEGAR:** If you don't have rice vinegar, you can use regular white vinegar, but add 1/4 tsp sweetener or sugar to it. Rice vinegar has a slight sweetness to it.
- **PROTEIN:** It goes without saying, for a vegetarian option, you can replace the chicken with firm tofu.
- **GLUTEN FREE:** If you have a Gluten intolerance, you can use 'Tamari' type Soy Sauce. It's available in all major super markets and walmarts. Also, cornstarch is gluten free, so you're good to go.
- **COARSE GROUND BLACK PEPPER:** Do NOT USE regular table shaker black pepper, that stuff is finely ground. You need to use pepper that's 'coarse ground', where the bits of black pepper are larger sized granules. Also, start low on the amount of black pepper, then add more to taste. You don't want to burn the roof of your mouth off. Adjust the heat to your own liking.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have one. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven. Same with good ol' frying pans. Now, in the words of my Uncle... "Allez Cuisine!"
- **DARK SOY SAUCE:** To keep things consistent, I used 'Sushi Chef' brand dark soy sauce, to calculate the points for this recipe.

