Chicken and Pepper Recipes

Colorful bell peppers and chicken strips make a quick paprika-scented skillet meal.

PREP 15 min | COOK 18 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 3 bell peppers (450 g), sliced
- 1 onion (150 g), sliced
- 2 garlic cloves (6 g), minced
- 1/2 cup (120 ml) chicken broth
- 1 tsp (2 g) paprika

Method

1. Cut chicken into thin strips and season with salt, pepper and paprika.
2. Heat half the oil in a wide skillet; cook chicken in batches 6-8 minutes until 165°F (74°C). Transfer to a clean plate.
3. Add remaining oil, peppers and onion; cook 6-8 minutes until tender-crisp.
4. Add garlic for 30 seconds, then broth; simmer 2 minutes.
5. Return chicken and toss in the pan juices before serving.

Doneness

Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

Variations

- Peppery: add 1/2 tsp extra black pepper.
- Spicy: add sliced chili with peppers.
- Herb: stir in parsley at serving.

Storage

Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Ready to serve

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Serving suggestion: one plated serving.