

GARLIC BUTTER CHICKEN WITH MUSHROOMS & PEPPERS



2 SERVINGS



PREP TIME:
10 MIN



COOK TIME:
15 MIN

INGREDIENTS

2 large chicken breasts (cut into bite-sized pieces)
500g mushrooms (sliced)
½ red bell pepper (chopped)
½ green bell pepper (chopped)
3 tbsp butter
3 cloves garlic (minced)
1 tbsp olive oil
1 tsp black pepper
½ tsp salt
1 tsp paprika
½ tsp onion powder
1 tbsp soy sauce
½ tsp chili flakes (optional)

DIRECTIONS

- In a bowl, season the chicken with salt, black pepper, paprika, and onion powder.
- Heat olive oil in a pan over medium-high heat, add chicken and cook until golden brown and cooked through (about 6-7 minutes). Remove and set aside.
- In the same pan, melt butter and add minced garlic, add mushrooms and cook until softened.
- Toss in bell peppers and cook for another 2 minutes.
- Return the chicken to the pan, add soy sauce and chilli flakes (if using). Stir well to coat everything in the garlic butter sauce.

