

Easy Black Pepper & Garlic Chicken

INGREDIENTS

- 1½ pounds boneless, skinless chicken breasts
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons mayonnaise
- 1 tablespoon cornstarch
- Drizzle of avocado oil

Black Pepper Sauce

- ¼ cup chicken broth
- ¼ cup low-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon freshly ground black pepper (adjust to taste)
- ¼ teaspoon ground ginger

Vegetables

- 4 celery stalks, trimmed and cut diagonally into 1-inch pieces
- 1 medium white onion, halved and thinly sliced
- 3 cloves garlic, thinly sliced

DIRECTIONS

1. Place the chicken breasts on a cutting board and pound them to an even thickness, about ¼ inch. Cut the chicken into roughly 1-inch pieces.
2. Transfer the chicken to a bowl and season with the salt and pepper. Add the mayonnaise, cornstarch, and a small drizzle of avocado oil. Toss until the chicken is evenly coated.
3. Heat a large skillet over medium-high heat with a drizzle of avocado oil. Once hot, add the chicken in a single layer (cook in batches if needed).
4. Cook until golden and cooked through, about 3-4 minutes per side.
5. While the chicken cooks, whisk together the chicken broth, soy sauce, rice vinegar, black pepper, and ground ginger in a small bowl to make the sauce.
6. Slice the celery, onion, and garlic if you haven't already.
7. Once the chicken is cooked, transfer it to a plate and set aside.
8. In the same skillet, add the celery and onion. Add another small drizzle of avocado oil if the pan looks dry.
9. Cook over medium-high heat for about 4 minutes, stirring occasionally, until the vegetables begin to soften.
10. Add the sliced garlic and cook for about 1 minute, just until fragrant.
11. Return the chicken to the skillet and pour in the sauce.
12. Bring the mixture to a simmer and cook for 3-5 minutes, until the sauce thickens and coats the chicken and vegetables.
13. Remove from heat and season with salt to taste.
14. Serve over rice or cauliflower rice and finish with an extra sprinkle of black pepper if desired.