

Chicken Steak with Peppers

Recipe By *Temí Philip*



Cooking and Prep: 
1.5 h

Serves:  8

Contains:   

Preference: Meat

Flavorful and easy, this dish looks elegant but requires little effort.

Difficulty: Easy

Occasion: Shabbat

Diet: Gluten Free

Source: Family Table by
Mishpacha Magazine

Ingredients (12)

Chicken and Marinade

- 8 chicken breasts or deboned chicken quarters
- 3 cloves garlic, minced or 3 cubes **Gefen Frozen Garlic**
- 1 tablespoon chicken seasoning
- 3 tablespoons **Gefen Soy Sauce**
- 5 tablespoons oil

salt to taste

Vegetables

2 tablespoons oil

1 onion sliced into thin rings

1 red pepper, julienned

1 yellow pepper, julienned

1 light green pepper, julienned

2 tablespoons **Gefen Soy Sauce**

Start Cooking

Prepare the Chicken

1. Mix the marinade ingredients in a bowl. Marinate the chicken for an hour or more.
2. Fry the chicken over a medium flame for 5-10 minutes on each side, until fully cooked. Remove from pan.

Tip:

I like to marinate the chicken before leaving for work, so the chicken is ready to cook when I come home.

Saute the Vegetables

1. Heat the oil, add the onion and sauté until golden.
2. Add the strips of pepper and soy sauce, and sauté for an additional five minutes until peppers soften.
3. Place the peppers over the chicken, and serve with rice or in a pita.