



Black Pepper Chicken Chop

Ingredients:

- 1 packet (3.5oz 100g) **Asian Meals® Black Pepper Sauce**
- 300g deboned chicken thigh, lightly marinated with salt and pepper
- 50g mixed vegetables of corn, carrots and peas, sautéed and seasoned with a little salt
- 150g french fries, deep fried

Method:

- 1) Preheat pan, pan-sear chicken until tender and cooked
- 2) Place chicken on plate, with sautéed mixed vegetables and fries
- 3) In a small pot dilute **AsianMeals® Black pepper Sauce** with equal parts of stock or water and bring to the boil
- 4) Pour the hot black pepper sauce over the chicken to serve

Chef's Tips:

AsianMeals® Black Pepper Sauce

can be used straight from the pack on steaks, burgers, sausages and sandwiches. If you prefer a more dilute sauce, just mix with an equal part of stock or water

Dilution Ratio: 100g sauce to 100g water or stock

