

**Chicken with Black Bean Sauce**

**Ingredients (Per Pair)**

200g Chicken breast fillet

½ onion

¼ red capsicum

¼ green capsicum

Pinch of salt

1 Tbs oil

Spring onion curls to garnish

**Sauce:**  ¾ Tbs black bean sauce

 ½ tsp minced garlic

 1 tsp sugar

 1 tsp oil

 1 tsp light soya sauce

 ¼ tsp cornflour

 2 tsp water

**Method**

1. Combine sauce ingredients and set aside.
2. Make spring onion curls.
3. Slice onion and capsicums. Slice chicken thinly.
4. Heat 1 Tbs oil in large frypan. Sauté onion until soft. Add chicken and pinch of salt, stir-fry chicken for about 2 minutes or until cooked.
5. Add the sauce mixture and the capsicums, stir-fry another two minutes.
6. Dish up with rice. Garnish with spring onion curls.
7. Serve hot.

Learning Intention

To know why marinating is used

1. How could you use the words infuse and marinate in the one sentence? Research if needed.
2. Why is important to make the spring onion curls fine?
3. Name at least 3 other Chinese dishes that you enjoy eating?