



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Chicken with Pepper

Biberli Tavuk



2 chicken breasts
1 onion, big size
4 sweet bell peppers, big size
3 tbsp vegetable oil
Juice of a lemon
1 tsp starch
1 tsp salt
1/2 tsp black pepper

- # Slit the chicken breasts, cook over medium heat with 3 tbsp vegetable oil, until the water evaporates.
- # Add finely sliced onion, and roast, when the onion slices soften add sliced sweet bell peppers.
- # When the colour of the peppers change add salt and black pepper.
- # Add the starch which was dissolved in lemon juice just 5 minutes before removing from the stove.
- # Do not cover the lid on and cook for 5 more minutes, remove from the stove.
- # Serve hot.

Note: The reason of adding starch with lemon is, showing the chicken brighter and getting a thicker sauce.