

## Sautéed chicken with bell peppers

Sautéed chicken with bell peppers is a simple, quickly prepared dish, perfect for a dinner with flair.

### Ingredients

400g sliced chicken breast  
2 red bell peppers  
1 clove garlic  
salt as needed  
extravirgin olive oil as needed

### Procedure

1. Clean and julienne the peppers.
2. Slice a garlic clove in half and simmer in a frying pan. Add the peppers and cook at medium heat for about 10 minutes.
3. Remove peppers and garlic, place in blender and blend until a fairly liquid crème is obtained.
4. Slice the chicken into strips about 1/2cm thick.
5. Cook the slices over high heat for about 15 minutes in the same frying pan.
6. As soon as the chicken is cooked, add the pepper crème and continue cooking until the crème has reached the desired thickness.
7. Plate and serve.