

# Eat The View

## Recipes and Tips

### Turmeric-Black Pepper Chicken with Green beans

3 tablespoons honey

$\frac{3}{4}$  teaspoon black pepper, plus more to taste

salt

2 tablespoons plain flour

1  $\frac{1}{2}$  teaspoons ground turmeric

450 g boneless, skinless chicken thighs, cut into 1-inch pieces

1 tablespoon rapeseed oil

150 g green beans, trimmed and thinly sliced on an angle

1 teaspoon unseasoned rice vinegar or soy sauce

In a small bowl or measuring cup, stir together  $\frac{1}{4}$  cup water with the honey, pepper and  $\frac{1}{2}$  teaspoon salt; set honey mixture aside.

In a medium bowl, stir together the flour, turmeric and 1 teaspoon salt. Add the chicken and toss until coated.

In a medium (10-inch) nonstick skillet, heat the oil over medium-high. Add the chicken and cook until the turmeric is fragrant and the chicken is golden brown on both sides, 2 to 3 minutes per side. Add the green beans, season with salt, stir to combine and cook until crisp-tender, 1 to 2 minutes.

Add the honey mixture and cook, stirring, until the chicken is cooked through and the sauce has thickened, 2 to 3 minutes.

Remove from heat and stir in the vinegar, if using. Season to taste with salt and pepper.

Serve with rice.