



Palatable

InstaPot - Honey Sesame Chicken

🕒 Prep: 5m • Cook: 20m • Total: 25m

Ingredients

- 4 large boneless skinless chicken breasts, diced (about 2 lbs.)
- Salt and pepper
- 1 tablespoon vegetable oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup soy sauce
- 1/4 cup ketchup
- 2 teaspoons sesame oil
- 1 cup honey
- 1/4 teaspoon red pepper flakes
- 2 tablespoons cornstarch
- 3 tablespoons water
- 2 green onions, chopped
- Sesame seeds, toasted

Instructions

1. Season chicken with freshly ground pepper. Preheat pressure cooking pot using the saute setting. Add oil, onion, garlic, and chicken to the pot and saute stirring occasionally until onion is softened, about 3 minutes.
2. Add soy sauce, ketchup, and red pepper flakes to the pressure cooking pot and stir to combine. Pressure cook on high for 3 minutes. When timer beeps, turn pressure cooker off and do a quick pressure release.
3. Add sesame oil and honey to the pot and stir to combine. In a small bowl, dissolve cornstarch in water and add to the pot. Select Saute and simmer until sauce thickens. Stir in green onions. Add salt to taste.
4. Serve over rice sprinkled with sesame seeds.

Notes

Tips

*Originally 1 cup honey. I've reduce the honey to 1/2 cup based on feedback but feel free to adjust the sweetness level to taste. Use reduced sodium soy sauce if you prefer things less salty.

You can cook rice at the same time you cook the chicken.

Here's how I to do it.

Use a 7×3 inch round cake pan or similar dish, and add rice ingredients - stir to combine.

Skip sautéing the chicken in the first step and just sauté the onion and garlic then add the raw diced chicken with the ingredients in step

two.

Place a rack on top of the chicken in the pressure cooking pot, and place the cake pan on top of the rack.

Use this rice recipe <https://www.pressurecookingtoday.com/pressure-cooker-white-rice/> and be sure and do a 10 minute natural release

 Source : 