



Palatable

Instapot - Honey Teriyaki Chicken

🕒 Prep: 30m • Cook: 4h • Total: 4h 30m

Ingredients

- 2/3 c. La Choy Teriyaki sauce
- 1 Tbsp. honey
- 1/4 c. chicken broth
- 2 lb chicken breasts
- Green onions, chopped

Instructions

1. Electric Pressure Cooker - Add the Teriyaki sauce and honey to the Instant Pot and whisk until well combined. Add the chicken broth and chicken. Cook thawed chicken on high pressure for 12 minutes. (Cook frozen chicken on high pressure for 20 minutes.) Turn the pressure valve to "Vent" to release all of the pressure.
2. Remove the chicken breasts from the pot and place on a plate or cutting board. Shred the chicken using two forks.
3. Remove 1/2 cup of liquid from the pot. (Reserve the liquid for cooking rice.) Return the shredded chicken to pot and stir until well combined. Top chicken with green onions.
4. Crock Pot - Add the chicken breasts to a sprayed or lined Crock Pot. Top with the Teriyaki sauce, honey and chicken broth. Add an additional 1/2 c. chicken broth.
5. Cook on low for 4-5 hours. With 30 minutes of cooking time left, shred the chicken using two forks.
6. (If using frozen chicken in the Crock Pot, cook on low for 5-6 hours.)

🔗 Source: [🔗](#)