

INSTANT POT

# Honey Teriyaki Chicken

4 SERVINGS

PREP: 10 MINS

COOK: 15 MINS



## INGREDIENTS

- 4 boneless skinless chicken breasts
- 1/2 cup soy sauce (low sodium)
- 1/2 cup water
- 2/3 cup honey
- 2 tsp minced garlic
- 1/2 cup rice vinegar
- 1/2 tsp ground ginger
- 1/4-1/2 tsp crushed red pepper flakes
- 3 tbsp corn starch + 3 tbsp cold water
- 2 tsp sesame seeds
- diced green onions - topping
- steamed rice or fried rice

## DIRECTIONS

1. Place chicken in pressure cooker. Whisk together soy sauce, water, honey, garlic, rice vinegar, ground ginger, and crushed red pepper flakes. Pour over chicken.
2. Place lid on pressure cooker, turn vent to seal. Press "pressure cook" and set timer to 20 minutes for frozen chicken, 10 minutes for thawed chicken.
3. When pressure cooker "beeps" to signal end of cooking time, allow a natural release until the float valve sinks.
4. Use a slotted spoon to remove any pieces of fat in the pressure cooker to "soup" setting. Meanwhile, shred chicken.
5. Once liquid comes to a boil, stir together corn starch and water and whisk into the sauce until thickened. Stir in sesame seeds.
6. Turn off pressure cooker, transfer shredded chicken back to the pressure cooker and stir to coat in the sauce.
7. Garnish with chopped green onions and serve over steamed or fried rice.



## NOTES

- Chicken - if using very thick pieces of frozen chicken (thicker than 1 1/2 inches) add 10 minutes to cooking time. If you are using very thick pieces of thawed chicken, simply pound chicken to 1 -1 1/2 inches thickness before proceeding with recipe as written.
- Serve chicken over:
  - Brown rice or quinoa
  - Egg noodles
  - Low carb options: cauliflower rice or spiralized veggie noodles
  - Bed of shredded lettuce or a pre-cut mixture of kale, cabbage and/or brussels sprouts.
  - Corn or flour tortilla

## NUTRITION INFORMATION (PER SERVING)

Calories: 350kcal, Carbohydrates: 51g, Protein: 31g, Fat: 4g, Saturated Fat: 1g, Trans Fat: 1g, Cholesterol: 72mg, Sodium: 3378 mg, Potassium: 588mg, Fiber: 1g, Sugar: 47g, Vitamin A: 71IU, Vitamin C: 2mg, Calcium: 37mg, Iron: 2mg

