

[Instant Pot]

# INSTA-CHICKEN

Prep Time: 5 minutes  
Cook Time: 15 minutes  
Total Time: 20 minutes

Yield: Serves 4

~1 lb. boneless skinless chicken breasts, frozen

1/2 cup water

1/2 cup flavorful liquid of your choice (see suggestions above)

In a measuring cup or small bowl, mix together the water and flavorful liquid of your choice. Place the frozen chicken in the Instant Pot liner, and pour the liquid over the chicken. Close the lid (with vent set to sealing position), press the 'Poultry' button and use the +/- buttons to adjust the cooking time. For standard chicken breasts (~4-6 oz. each), cook for 15 minutes; for extra-large chicken breasts (~1 lb. each), cook for 30 minutes.

After the cooking program completes, carefully open the pressure valve (quick release) and remove the lid. Transfer the chicken breasts to a plate and shred into bite-sized pieces with two forks. While you shred the chicken, you can optionally turn on Instant Pot's 'Saute' mode to reduce the sauce if it is too thin for your taste. Return the shredded chicken to the sauce and toss to coat.

**Simple Salsa:** 1/2 cup water + 1/2 cup of your favorite salsa

**BBQ:** 1/2 cup water + 1/2 cup of your favorite barbecue sauce + a splash of apple cider vinegar for extra tang

**Teriyaki:** 1/2 cup water + 1/4 cup soy sauce + 1/4 cup orange juice + 1 Tbsp. brown sugar + a squirt of sriracha

**Cuban Mojo:** 1/2 cup water + 1/3 cup orange juice + juice from 1/2 lime + 1-2 cloves of minced garlic + 1/2 tsp. cumin + salt/pepper

**Spicy Korean:** 1/2 cup water + 2 Tbsp. gochujang + 2 Tbsp. honey + 2 Tbsp. soy sauce + 1 Tbsp. sesame oil + 1 Tbsp. rice vinegar

**Honey Dijon:** 1/2 cup water + 1/4 cup whole grain mustard + 1/4 cup honey + hot sauce (if desired)

**Lemon Garlic Herb:** 1/2 cup water + juice from 1/2 lemon + 2 cloves minced garlic + 1/2 tsp. dried basil + salt/pepper

**Chinese Cola:** 1 cup Coca Cola, 1 tsp. vegetable oil, 1 tsp. light soy sauce, 1 tsp. cooking wine, 1" sliced ginger, pinch salt