

Instant Pot Spinach Chicken Alfredo Pasta

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Recipe type: Dinner, Lunch, Main Course, Meat, Pasta, Quick Meals, Sauce, Easy

Cuisine: Italian

Prep: 5 mins Cook: 35 mins Total: 40 mins

Serving: 4

Make this Easy Creamy Instant Pot Spinach Chicken Alfredo Pasta Recipe with homemade Alfredo sauce! This kid-friendly pressure cooker pasta meal is perfect for busy weeknights.

Ingredients

- 1 pound (454g) penne pasta
- 1 - 2 strips (250g - 400g) boneless, skinless chicken breast
- 1 - 2 cups (40g - 80g) baby spinach, washed
- 3 cups (750ml) unsalted chicken stock 1 tablespoon (15ml) olive oil
- Kosher salt and ground black pepper

ALFREDO SAUCE

- 7 - 8 (20g) garlic cloves, minced
- 1 cup (250ml) heavy cream
- 2 tablespoons (30g) unsalted butter
- 32 grams Parmigiano-Reggiano cheese, finely grated (at room temperature)
- Kosher salt and ground black pepper

GARNISH

- Parmigiano-Reggiano cheese, grated

Instructions

1. **Preheat Pressure Cooker:** Heat up your Instant Pot by pressing Sauté button and click Adjust button to go to Sauté More function. Wait until the indicator says HOT.
2. **Sauté Chicken Breast:** Season one side of chicken strip with kosher salt and ground black pepper. Add 1 tbsp olive oil in the inner pot. Place chicken strip in the pot (seasoned side down) and season the other side with kosher salt and black pepper. Brown each side for about 1½ minute. Set aside chicken breast. Add minced garlic cloves and sauté until fragrant, about a minute. Pour sauteed minced garlic into a stainless steel bowl.
3. **Deglaze Instant Pot:** Pour ½ cup (125ml) unsalted chicken stock in the Instant Pot. Deglaze by scrubbing all the flavorful brown bits off the bottom of the pot and mix them into the stock mixture.
4. **Pressure Cook Pasta & Chicken Breasts:** Add 1lb (454g) penne pasta and chicken breasts in the Instant Pot. Pour in the remaining chicken stock. Try to submerge all the penne pasta in the chicken stock. Layer the stainless steel bowl with Alfredo sauce ingredients (except the cheese and seasoning) on the pasta in the Instant Pot. Close lid and pressure cook at High Pressure for 4 minutes + 4 minutes Quick Release. Release the remaining pressure. Open the lid carefully.
5. **Make Alfredo Sauce:** Remove stainless steel bowl and chicken breasts from the Instant Pot. Melt 32g finely grated Parmigiano-Reggiano cheese into the Alfredo sauce ½ at a time while mixing with a fork. Taste & season with kosher salt (about 3 pinches) and ground black pepper.
6. **Mix in Spinach & Alfredo Sauce:** Heat up the Instant Pot by pressing Cancel button, then Sauté button. Mix baby spinach and ¾ of the Alfredo sauce with the cooked penne pasta. Taste and season with kosher salt and ground black pepper.
7. **Serve:** Cut chicken breasts into slices and add chicken slices on top of the serving plate of pasta. Then, drizzle the remaining Alfredo sauce onto the chicken spinach pasta. Garnish with more Parmigiano-Reggiano cheese if desired. Serve immediately~

Notes

Taste & Season: Be sure to taste & season the Alfredo Sauce. The seasonings are critical in opening up the sauce's flavors.

Cheese: Use freshly grated Parmigiano-Reggiano Cheese to avoid graininess in the Alfredo Sauce. Also, use the finest grater to grate the cheese for best results.