



Instant Pot Teriyaki Chicken Bowls

INGREDIENTS

- 1 tbsp olive oil
- 2 medium-sized chicken breasts, diced into 1 inch pieces
- 1/4 cup low-sodium soy sauce or tamari
- 1/4 cup hoisin sauce
- 2 tbsp rice vinegar
- 4 cloves garlic minced
- 1 tbsp grated fresh ginger
- 2 carrots, chopped
- 1 1/2 cups water
- 1 cup jasmine rice
- 1 head broccoli, cut into small florets
- 1 red pepper, chopped
- 4 green onions, sliced
- 1 tbsp Sesame seeds for garnish

INSTRUCTIONS

1. Dump olive oil, chicken, soy sauce, hoisin sauce, rice vinegar, garlic, ginger, carrots, water and rice into Instant Pot in that order leaving rice to float on top of other ingredients. Place lid on and cook for 2 minutes on high pressure.
2. Instant Pot will take about 10 minutes to come to pressure then cooks on high pressure for two minutes. Do a quick pressure release and remove lid when safe to do so. Stir in broccoli, red pepper and green onions, then replace lid and let sit another 5 minutes.
3. Serve among four bowls and top with more green onions if desired and sesame seeds. Enjoy!