

YIELD: 6 SERVINGS

# INSTANT POT MEDITERRANEAN PASTA CHICKEN

Instant Pot Mediterranean Pasta Chicken is an easy weeknight chicken dinner ready in under an hour with almost no work. Put together this fast delicious meal in no time.



## COOK TIME

45 minutes

## TOTAL TIME

45 minutes

## INGREDIENTS

- 3 Large Skinless Boneless Chicken Breasts
- 1 Cup chicken broth
- 2 Cups Marinara Sauce
- 1 14.5 oz. can diced tomatoes, with the juice
- 1 Tablespoon chopped roasted peppers, jarred
- 1/2 Cup Sun Dried tomatoes
- 1/2 Cup Kalamata Olives
- 9 oz. Penne pasta

## INSTRUCTIONS

1. Put everything in the instant pot except the pasta. Seal the lid and set to manual for 12 minutes (25 minutes for frozen breasts). Natural release.
2. Open the instant pot and Add the pasta. Reseal and set to manual for 5 minutes. Natural release for 5 minutes then quick release and serve.

## NOTES

I made this with frozen chicken breasts and it turned out great. But it will add extra time to the recipe. Also the pasta will absorb the liquid as it sits. So if the recipe is a bit saucy, uncover the pot and let it sit 10 minutes or so to absorb the flavorful sauce.

## NUTRITION INFORMATION:

*Amount Per Serving:* CALORIES: 433

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**CUISINE:** Italian

<https://www.homemadefoodjunkie.com/instant-pot-mediterranean-pasta-chicken/>