



Ashley's Meal Prep Monday!



Juicy Instant Pot Chicken

INGREDIENTS

- 1 TSP Italian seasoning
- 1/2 TSP salt
- 1/4 TSP paprika
- 1/4 TSP garlic powder
- 1/8 TSP pepper
- 3-4 boneless skinless chicken breasts
- 2 TBSP oil
- 1 1/2 cups chicken broth
- 1 TBSP unsalted butter

Combine seasonings in a small bowl. I also like to sprinkle salt/pepper on each side before adding the other seasonings to both sides as well.

Turn instant pot to saute and add oil. Sear chicken breasts on both sides until golden brown, about 2 minutes. Remove chicken from the instant pot. Add broth and scrape the bottom to remove any browned bits. Add chicken back to the instant pot with the broth and add the butter. Put the lid on, turn valve to seal and pressure cook for 9 minutes. Depending on the size of your chicken breasts, you may need more/less time.

When the cook time is over, let the pressure release naturally for at least 10 minutes. Open the lid and remove the chicken. Let it rest before slicing.

Highly recommend making a corn starch slurry to make a gravy, roughly 1-2 TBSP each arrowroot and water. Add to the broth and hit saute until thick. Serve over rice with chicken.



Recipe: thereciperebel.com

