

INSTANT POT HONEY SESAME CHICKEN

THIS RECIPE WAS SHARED WITH ME BY ONE OF THE FOSTER DADS OF TWO OF THE CASA KIDS I WORK WITH. THE KIDS LOVE IT AND SO DO I. IF YOU DON'T HAVE AN INSTANT POT, JUST PREPARE IT ON THE STOVE...I'M SURE IT WILL BE JUST AS GOOD.

INGREDIENTS

- 4 large boneless skinless chicken breasts, diced (about 2 lbs.)
- Freshly ground pepper and salt
- 1 tablespoon vegetable oil
- 1/2 cup diced onion
- 2 cloves garlic, minced
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup ketchup
- 2 teaspoons sesame oil
- 1/2 cup honey (can add more if you like it sweeter)
- 1/4 teaspoon red pepper flakes
- 2 tablespoons cornstarch
- 3 tablespoons water
- 2 green onions, chopped
- [Cooked rice](#), for serving
- Toasted sesame seeds, for garnish, optional

INSTRUCTIONS

1. Seasons chicken with freshly ground pepper. Preheat pressure cooking pot using the saute setting. Add oil, onion, garlic, and chicken to the pot and saute stirring occasionally until onion is softened, about 3 minutes.
2. Add soy sauce, ketchup, and red pepper flakes to the pressure cooking pot and stir to combine. Pressure cook on high for 3 minutes. When timer beeps, turn pressure cooker off and do a quick pressure release.
3. Add sesame oil and honey to the pot and stir to combine. In a small bowl, dissolve cornstarch in water and add to the pot. Select Saute and simmer until sauce thickens. Stir in green onions. Add salt to taste.
4. Serve over rice sprinkled with sesame seeds.