

Instant Pot Perfect Rice

Serves: 4

Ingredients:

- 3 lbs. boneless, skinless chicken breast
- 2 tbsp. olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 2/3 cup soy sauce
- 1/3 cup ketchup
- 1 tbsp. sesame oil
- 2/3 cup honey
- ½ tsp. red pepper flakes
- 2 tbsp. corn starch
- 3 tbsp. water
- 2 green onions, chopped (green part only)
- 2 tbsp. toasted sesame seeds

Instructions:

- Preheat pressure cooker on the chicken setting. Place oil, onion and chicken to the cooker and sauté 3-4 minutes, stirring occasionally, until onion is softened.
- Add garlic and continue cooking for one minute, stirring constantly.
- Add soy sauce, ketchup, and red pepper flakes and stir to coat chicken. Pressure cook on chicken setting (high) for 4 minutes. Release pressure.
- Mix sesame oil and honey into the mixture. In a small bowl, dissolve corn starch in water and add to pressure cooker. Simmer until sauce thickens.
- Sprinkle with green onions and sesame seeds.
- Serve immediately with rice.