

Instant Pot Cashew Chicken and Rice

MAKES 6 SERVINGS

Courtesy of Life Made Sweeter and modified

Submitted by Hanna Bartels

Ingredients

For the Sauce

- 4 tablespoons low sodium-soy sauce
- 1 tablespoon hoisin sauce
- $\frac{3}{4}$ tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 teaspoon toasted sesame oil
- 1 tablespoon cornstarch
- $\frac{1}{2}$ cup water, plus more as needed to thin out sauce

For the Chicken and Rice

- 1 $\frac{1}{2}$ tablespoons toasted sesame oil (or olive oil)
- 1 lb. boneless skinless chicken breasts, cut into cubes
- salt and black pepper, to taste
- 2 garlic cloves, minced
- $\frac{1}{2}$ teaspoon grated or minced ginger
- 1 cup chopped red and green bell peppers
- $\frac{1}{2}$ cup shredded carrots
- 1 cup edamame
- 1 $\frac{1}{2}$ cups uncooked brown rice, instant brown rice, or any long grain rice such as jasmine rice
- 1 cup water
- $\frac{2}{3}$ cup roasted, unsalted cashews
- sesame seeds, for garnish
- chopped green onions, for garnish
- 2 cups steamed broccoli (this won't fit in the Instant Pot)



Directions

1. Open the lid of the Instant Pot and press the SAUTE button, allow to preheat for a few moments until you hear a beep.
2. Whisk together the soy sauce, hoisin sauce, vinegar, honey, sesame oil and cornstarch. Slowly whisk in water and bring to a boil, until thickened. Transfer sauce to a heat safe bowl.
3. Rinse and dry the inner pot and return back inside the Instant Pot on SAUTE mode. Heat 1 1/2 tablespoons of sesame oil. When oil is hot, add the chicken and season with salt and pepper. Saute for 2-3 minutes, until lightly brown. Add the garlic and ginger and cook for another 20 seconds. Pour in 1/4 cup of the sauce, the uncooked rice, bell peppers, carrots, and edamame, and 1 cup of water.
4. Place the lid on, and lock it, setting the valve to sealing.
5. Press MANUAL (old model) high pressure or PRESSURE COOK (high) and set for 3 minutes for instant brown rice or jasmine rice, or 10 minutes for brown rice.
6. Once the 3 minutes is up and the Instant Pot beeps, allow the pressure cooker to naturally release for 10 minutes.
7. Carefully remove the lid and press CANCEL.
8. Sprinkle in cashews, sesame seeds and green onions, if desired. I added 2 cups of steamed broccoli, as well. Drizzle with desired amount of sauce to taste and consistency desired and serve immediately. Any remaining sauce can be saved for later use.

NUTRITION FACTS (WITH EDAMAME)

Per Serving - 1/6 of the recipe (~1 1/2 cup): 471 calories, 12g fat, 2g sat. fat, 716mg sodium, 66g carbs, 5g fiber, 26g protein