

Instant Pot Honey Garlic Chicken and Rice

MAKES 6 SERVINGS

Courtesy of 365daysofcrockpot.com, modified

Submitted by Jean Schultz

Ingredients

- 1/3 cup honey
- 1/3 cup tamari or low sodium soy sauce
- 1 cup chicken broth, low sodium
- 6 garlic cloves, minced
- 2 pounds boneless, skinless chicken thighs or bone-in chicken with skin removed
- 1 1/2 cups short grain brown rice
- 2 1/4 cups water
- 1/4 cup cornstarch
- 1 (16 oz) package frozen broccoli florets

Directions

1. Add honey, soy sauce and broth into bottom of Instant Pot. Whisk really well, until smooth. Add in the garlic. Trim the chicken of excess fat. Nestle the chicken into the pot.
2. Pour rice into a mesh strainer. Rinse the rice well. Add rinsed rice to an oven safe dish that will fit inside your Instant Pot*. Add 2 1/4 cups water into the dish. Cover the dish with foil. Place the dish on top of your trivet with handles. Carefully lower the dish down into the pot on top of the chicken.
3. Secure the lid of the Instant Pot and press the manual button. Set the timer for 15 minutes on high pressure. Make sure the valve is set to "sealing."
4. When the timer beeps let the pressure release naturally for at least 10 minutes (I did a bit longer than this). Gently move the valve to "venting." Once all the pressure is released remove the lid and very carefully remove the rice bowl with hot pads. The bottom of the rice dish will be messy from the sauce of the chicken. I just transferred my rice to a clean bowl.
5. Turn the Instant Pot to the sauté function and adjust to "more". In a small bowl stir together 1/4 cup cornstarch and 1/4 cup cold water until smooth. Stir the mixture into the pot. It will start getting thick in a couple of minutes. Stir every so often.
6. Open the bag of frozen broccoli and pour it into a colander. Run some hot water over the broccoli and then shake off excess water. Pour the broccoli into the Instant Pot. Stir the broccoli in and let it warm through. You may want to push the sauté button on your Instant Pot to get the broccoli warm a little faster.
7. Serve the chicken, broccoli and sauce over the rice



*CorningWare - CorningWare French White 1-1/2-Quart Covered Round Dish with Glass Top (found on Amazon.com) was utilized by the author

NUTRITION FACTS

Per Serving (1/6 of recipe): 420 calories, 8 g fat, 1 g sat. fat, 732 mg sodium, 58 g carbs, 3 g fiber, 34 g protein