

Instant Pot Sesame Chicken

Instant Pot Sesame Chicken is a delicious and easy meal you can make at home in just 20 minutes. This recipe uses chicken cooked in a tasty honey-soy sauce, flavored with garlic, ginger, and a touch of hot sauce. You don't need to fry the chicken, making it healthier and simpler. Serve it over rice and top it with sesame seeds and green onions for a yummy dinner that's better than takeout!

Yield: 2 cups

Serving Size: 4 servings

Ingredients:

- 2 pounds chicken breasts boneless and skinless, cut into bite-size or 1-inch pieces
- ½ cup low-sodium soy sauce
- 2 cloves garlic, minced
- 1 inch ginger peeled and grated
- ¼ cup ketchup
- 1 teaspoon hot sauce or sriracha
- ¼ cup honey or brown sugar
- 1 tablespoon toasted sesame oil
- 2 tablespoons cornstarch and 1 tablespoon water
- 1 tablespoon sesame seeds to garnish
- chopped green onion to garnish



Instructions:

1. Add the chicken to the Instant Pot, followed by low-sodium soy sauce, garlic, ginger, ketchup, and hot sauce or sriracha. Give everything a quick stir. Cover the pot with the lid, and make sure that the valve is in the sealing position. Press the MANUAL or PRESSURE COOK button, depending on your Instant Pot model, and cook on high for 3 minutes.
2. When it beeps, quickly release the steam by turning the vent to the RELEASE position. Be careful not to have your face close to the vent, as the steam will be very hot.
3. Carefully remove the lid, and press the SAUTE setting. Add the honey (or brown sugar) and sesame oil. To make the cornstarch slurry, combine 2 tablespoons of cornstarch with 1 tablespoon of water. Add the slurry to the sauce and stir with a wooden spoon until the sauce thickens. Switch off the SAUTE setting.
4. Serve the chicken over rice and garnish with chopped green onions and toasted sesame seeds.

Per Serving: Calories 418 kcal, Carbohydrates 28g, Protein 52g, Sat Fat 11g, Sodium 1545mg, Sugar 21g
This recipe was adapted and modified from <https://littlesunnykitchen.com/instant-pot-sesame-chicken/>

