

Chinese Pork or Chicken in the Instant Pot

Ingredients:

- 6 boneless skinless chicken thighs or pork chops
- ½ teaspoon of both salt and black pepper
- ½ teaspoon Garlic powder
- 1 tablespoon olive oil
- 1 1/2 cups water
- 1 tablespoon Sambal or Sriracha Hot Chili Sauce
- 1/3 cup of chicken broth
- 1/2 cup GF soy sauce or coconut aminos
- 1 1/2 tablespoons honey
- 5 garlic cloves, minced
- 1 1/2 teaspoons fresh ginger, grated
- Optional day of Cooking: 2 tablespoons Cornstarch and 1 tablespoon Water
- Optional day of Cooking: 3 tablespoons green onions, chopped
- Optional day of Cooking: 1 teaspoon sesame seeds
- Side suggestions: Sauteed peppers and onions

Freezer Instructions:

- Combine all ingredients (except for day of cooking items) and add to a Ziplock Freezer bag.

Day of Cooking:

- Defrost in refrigerator
- Add contents to the inner pot of your pressure cooker and select chicken/pork and change time to 6-8 minutes (pork and breasts need 8-10 minutes) then press start.
- Allow to natural pressure release for 5-6 minutes, then quick release.
- Drip one or two drops of sesame oil onto your pork (or top whole dish with sesame seeds)

If you want thicker sauce:

- Remove meat and cover to keep warm. Whisk in cornstarch mixture to pot. Set cooker to sear or saute and boil the sauce for 10 minutes or until thickened. Pour sauce over the chicken,

Serving Suggestions: Serve over a bed of rice and top with green onions and sesame seeds.