

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
- ¾ tsp ground ginger
- 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 soy sauce or coconut aminos
- 1 1/2 tablespoons honey
- 5 garlic cloves, minced
- 2nd bag for thicker sauce: 2 tablespoons Cornstarch (add 1 tablespoon Water)
- Optional toppings: sesame oil, sesame seeds, and green onions

Instructions:

- Combine all ingredients (except for the day of cooking items) and add to a Ziplock Freezer bag. Store in Freezer until ready to use. Defrost in refrigerator
- **PRESSURE COOKER:** Add contents to the inner pot of your pressure cooker and cook on high pressure for 6-8 minutes for thighs or 8-10 minutes for breasts. Allow natural pressure release for 5-6 minutes, then quick release.
- **SLOW COOKER:** Add contents to the crockpot. Cook on high 3-4 hours or low 5-6.
- Optional: Top with a few drops of sesame oil, sesame seeds, and green onions.
- Serve over rice.

Optional Thicker Sauce:

- Remove meat and cover to keep warm. Whisk in together cornstarch and water to make a slurry. Add it to the hot pot. Set the pressure cooker to sear or saute and cook the sauce until thickened. For the crockpot, just turn on high and allow to thicken (may take 10 minutes). Pour sauce over the chicken.