

Instant Pot Honey Sesame Chicken

Ingredients:

- 4 large (about 2 lbs) boneless skinless chicken breast, cut into small cubes
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1 Tbs vegetable oil (or olive oil)
- 1/2 cup diced yellow onion
- 2 tsp. minced garlic
- 1/2 cup low-sodium soy sauce
- 1/4 cup ketchup
- 1/8 tsp. red pepper flakes
- 2 tsp. sesame oil
- 1/2 cup honey
- 2 Tbs cornstarch
- 3 Tbs water
- 2 scallions, white and green parts, chopped small
- Cooked rice and steamed broccoli, for serving, if desired
- Chopped scallions and sesame seeds for garnish

Season chicken with salt and pepper. Select Sauté to preheat the Instant Pot. Add oil, onions, garlic, and chicken to the pot. Sauté about 3 minutes, stirring often. Stir in soy sauce, ketchup, and red pepper flakes. Lock lid in place and select High Pressure with 3 minutes cook time.

When cook time ends, turn off the Instant Pot. Use a quick release to vent steam. After valve drops, carefully remove lid. Stir in sesame oil and honey. In a small bowl, whisk cornstarch and water until smooth. Add to the Instant Pot and select Sauté/Simmer, stirring constantly until the sauce thickens. Stir in scallions and serve over rice with steamed broccoli, if desired. Garnish with fresh scallions, if desired, and sesame seeds. Enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Your best teacher is your last mistake." - Anonymous