



IP Chicken with Ketchup, Honey and Soy

Prep: 10 min **Cook:** 20 min **Total:** 45 min
Serves: 6

Source: adapted from *familyfreshmeals* and Joe Levitch

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Ingredients:

6 skinless Chicken Breasts or pieces of your choice
Celtic Sea Salt
Fresh ground Tellicherry Black Pepper to taste
 $\frac{1}{2}$ c Honey
 $\frac{1}{3}$ c Shoyu Dark Soy Sauce
 $\frac{1}{3}$ c Green Onion, diced
 $1\frac{1}{2}$ inch fresh Ginger, grated
2 pieces Lemon Grass, bruised
 $\frac{1}{4}$ c Ketchup
1 T Cornstarch
Jasmin Rice for serving
Sesame Seeds for garnish
Green Onion, for garnish

Directions:

Place your chicken in the bottom of the IP (Instant Pot) and season with a pinch of salt and Tellicherry pepper to your taste.

In a bowl, combine the honey, Shoyu, onion, ginger, garlic, lemongrass and ketchup. Microwave for 30 seconds to blend the mixture. Let set for 3 minutes and pour over the chicken. Be sure all chicken pieces are coated. Put the lid on the IP and set to SEAL.

Cook on the MEAT setting – or on HIGH if using the Pressure setting – for 15 minutes and the natural release for 15 minutes. Release any pressure that is in the pot and remove the chicken to a plate.

Dissolve 1 T cornstarch in the chicken liquid in the IP. Stir to dissolve the cornstarch. Push the SAUTE button and cook the sauce for about 5 min or until slightly thickened. Remove the lemongrass.

Return the chicken to the pot and toss with the sauce before serving. Serve with some sesame seeds and green onion over Jasmin rice.