

INSTANT POT CHICKEN BREAST

Instant Pot chicken breast is a quick, easy, and foolproof way to cook tender and juicy chicken breasts in minutes. Whether you're meal prepping, making a salad, or simply need perfectly cooked chicken for any recipe, this method guarantees flavorful and moist chicken every time.

Ingredients:

- 2-4 boneless, skinless chicken breasts
- 1 cup chicken broth (or water)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon paprika (optional)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 tablespoon olive oil (optional, for extra flavor)
- Fresh herbs (optional, for garnish)

Instructions:

1. Season the chicken:

- In a small bowl, mix together the garlic powder, onion powder, paprika (if using), salt, and pepper. Rub the seasoning mixture over both sides of the chicken breasts. For extra flavor, you can also drizzle the chicken with olive oil.

2. Prepare the Instant Pot:

- Pour 1 cup of chicken broth (or water) into the Instant Pot. Place the metal trivet in the bottom of the pot and arrange the chicken breasts on top of the trivet, ensuring they do not overlap.

3. Pressure cook:

- Secure the lid on the Instant Pot and set the valve to the sealing position. Select the "Pressure Cook" or "Manual" setting and adjust the

time based on the size of your chicken breasts:

- **For fresh chicken breasts:** Set the timer to 8-10 minutes (depending on thickness).
- **For frozen chicken breasts:** Set the timer to 12-15 minutes.
- Once the cooking time is complete, allow the pressure to naturally release for 5 minutes before carefully turning the valve to “venting” to release any remaining pressure.

4. Check doneness:

- Open the Instant Pot and check the internal temperature of the chicken breasts with a meat thermometer. It should read at least 165°F (74°C) at the thickest part. If needed, cook for an additional 1-2 minutes under pressure.

5. Rest and serve:

- Remove the chicken from the Instant Pot and let it rest for 5 minutes before slicing or shredding. Garnish with fresh herbs if desired.

Serving Suggestions:

- Serve the chicken breast with sides like rice, vegetables, or salad.
- Shred the chicken to use in tacos, sandwiches, or soups.

This Instant Pot chicken breast method is versatile, fast, and ensures juicy, flavorful chicken every time!