

# HOW TO INSTANT POT

THE INSTANT CHEF  
FEATURED RECIPE

## LEMON GARLIC CHICKEN

A simple recipe full of flavor.  
Makes: 4 Servings

### Ingredients

- 1 onion, diced
- 1 tbsp preferred cooking oil
- 4 chicken breasts or thighs
- 1 tsp salt
- 5 garlic cloves, minced
- 1/2 cup chicken stock
- 1 tsp dried parsley
- 1/4 tsp paprika
- 1/4 cup white wine
- 1 large lemon juiced (or more to taste)
- 3-4 tsp arrowroot flour

### Directions

- Turn your Instant Pot to the Saute feature and place in the diced onion and cooking oil.
- Cook the onions for 8-10 minutes or until softened and nicely browned. Add in the remaining ingredients except for the arrowroot flour and secure the lid on your Instant Pot.
- Select the Poultry setting (high pressure, 15 minutes) and make sure your pressure valve is closed.
- Allow cook time to complete. Release the pressure valve to vent and carefully remove the lid. At this point, you may thicken your sauce by making a slurry.
- To do this, remove about 1/4 cup of sauce from the pot, add in the arrowroot flour, whisking well, and then re-introduce the slurry into the remaining liquid.
- Stir and serve right away. This also reheats well as leftovers.