

INSTANT POT LEMON GARLIC CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Olive Oil
Boneless, Skinless Chicken Breast
Salt and Pepper
Garlic Cloves, Minced

QUANTITY

1 Tbsp.
2 Lb.
To Taste
3

ITEM

Dried Thyme
Lemon Juiced (About 3 tbsp.)
Low-sodium Chicken Stock
Fresh Kale, (Stems removed and roughly chopped)

QUANTITY

½ Tsp.
1 (About 3 Tbsp.)
1 Cup
3 Cups



PREPARATION

- ✔ Set the Instant Pot to sauté mode. Add olive oil.
- ✔ Season chicken breasts with salt and pepper.
- ✔ Sear them in the pot for 2-3 minutes per side until lightly browned. Remove and set aside.
- ✔ Add minced garlic to the pot and sauté for 30 seconds until fragrant.
- ✔ Pour in chicken stock, lemon juice, and dried thyme. Stir well and return chicken to the pot.
- ✔ Cancel sauté mode. Secure the lid and set to Pressure Cook (High) for 10 minutes.
- ✔ Once the cycle is complete, allow a natural release for 5 minutes, then perform a quick release.
- ✔ Carefully open the lid and stir in the chopped kale. Let it wilt in the hot liquid for 2-3 minutes.
- ✔ Serve warm with extra lemon wedges if desired.