



Noreen's Kitchen

Sweet and Spicy Garlic Chicken

Under Pressure

Ingredients

2 1/2 pounds boneless chicken breast	3 tablespoons minced fresh garlic
1 medium onion quartered and sliced	1 teaspoon cracked black pepper
1 cup brown sugar	1 teaspoon garlic powder
2/3 cup apple cider vinegar	1 teaspoon onion powder
2 tablespoons soy sauce	2 tablespoons tapioca or corn starch
2 tablespoons lime or lemon juice	2 tablespoons water
1 teaspoon toasted sesame oil	1 tablespoon red pepper flakes (optional)
2 tablespoons minced fresh ginger	

Step by Step Instructions

To cook in pressure cooker:

Place chicken in bowl of pressure cooker along with the sliced onion.

Stir together vinegar, brown sugar, soy sauce, lime juice, sesame oil, onion powder, garlic, powder, black pepper, fresh ginger, fresh garlic and chili flakes if desired. Stir well to combine.

Pour mixture over the chicken and onions.

Place top on your pressure cooker and set according to manufacturers instructions for your particular model. I used frozen chicken and set mine for 40 minutes. If you use thawed chicken you may only want to set it for 20 minutes.

Allow pressure cooker to complete cycle and depressurize.

Remove lid and allow steam to vent.

Mix tapioca or corn starch with water in a jar and shake well to combine.

Pour slurry into the chicken and sauce mixture and stir well until the mixture thickens.

Serve over rice or noodles!

NOTE: You can make this in the crock pot or slow cooker simply by adding all of the ingredients in a similar fashion to the vessel of your cooker and cooking on high for 4 to 5 hours or low for 7 to 8 hours.

Enjoy!