



INSTANT POT CHICKEN AND RICE

Perfect meal for the family!

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

- **2 tablespoons Olive Oil**
- **4 Chicken Breasts (boneless, skinless)**
- **Salt and Pepper to taste**
- **1 Onion (chopped)**
- **2 cloves Garlic (minced)**
- **1 1/2 cups Jasmine Rice (rinsed)**
- **1 1/2 cups Chicken Broth**
- **1 teaspoon Dried Thyme**

DIRECTIONS

1. Set the Instant Pot to sauté mode and heat the olive oil. Season the chicken with salt and pepper, then sear until golden on both sides. Remove and set aside.
2. Add the chopped onion and minced garlic to the pot, sautéing until softened.
3. Stir in the rinsed jasmine rice, chicken broth, and dried thyme.
4. Return the chicken to the pot, nestling it into the rice mixture.
5. Seal the Instant Pot lid, set to high pressure, and cook for 10 minutes.
6. Allow natural pressure release for 5 minutes, then manually release any remaining pressure.
7. Serve warm and enjoy!

NOTES

This one-pot meal is perfect for a quick, delicious dinner that minimizes cleanup and maximizes flavor.