



# Sesame Chicken

## Ingredients

- 1–2 tbsp sesame oil
- 1½ lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- ¼ cup honey
- ¼ cup soy sauce (*or gluten-free tamari*)
- ¼ cup water
- 3 garlic cloves, minced
- ¼ tsp crushed red pepper flakes
- 3 tsp cornstarch
- 2 tbsp cold water (*for slurry*)
- Cooked rice, for serving
- 1 tbsp sesame seeds
- Thinly sliced green onions (*optional*)

## Instructions

### 1. Brown the Chicken

Set a **6-quart pressure cooker** to the **Sauté (Medium)** setting.

Add **1 tbsp sesame oil** and let it heat up.

Brown the chicken in batches, adding more oil as needed.

Once browned, press **Cancel** and return all chicken to the pot.

### 2. Make the Sauce

In a small bowl, whisk together:

- Honey
- Soy sauce
- Water
- Garlic
- Crushed red pepper flakes

Pour the sauce over the chicken and stir to combine.

### 3. Pressure Cook

Lock the lid and close the pressure-release valve.

Set to **High Pressure** for **4 minutes**.

#### 4. Thicken the Sauce

Once cooking is complete, **quick-release** the pressure.

In a separate bowl, stir together **cornstarch** and **cold water** to make a slurry.

Turn the pot back to **Sauté (Low)**, stir in the slurry, and cook for **1–2 minutes**, stirring constantly, until the sauce thickens.

#### 5. Serve

Serve hot over cooked rice.

Sprinkle with sesame seeds and garnish with sliced green onions, if desired.