

FM - Honey Sesame Chicken

<https://fabulesslyfrugal.com/recipes/healthy-honey-sesame-chicken-slow-cooker/>



Add following to freezer bag:

- 2.5 pounds boneless skinless chicken breast
- ½ cup low-sodium soy sauce
- ½ cup honey
- ¼ cup chopped onion
- 2 garlic cloves minced
- ¼ teaspoon pepper
- 3 tablespoons cornstarch

Missing items that could be added

- ¼ cup rice vinegar
- ¼ cup water
- ¾ teaspoon ground ginger

Other Ingredients for the day

- rice
- green onion
- sesame seeds

Instant Pot Instructions

- Thaw
- Spray the inside of the Instant Pot inner pot with nonstick cooking spray.
- Add contents of freezer bag into the pot.
- Cook on high pressure for 15-20 minutes, or until chicken is cooked through and shreds easily. Once chicken is cooked, remove it from the pot and shred. (I usually do a quick pressure release, but natural release is ideal.)

- Slowly whisk it into the sauce and use the Saute setting, continuing to whisk. Cook for a few minutes while the sauce begins to boil and thicken.
- Turn off the pot. Place the shredded chicken back in with the sauce and stir to coat. Serve over rice and garnish, if desired.
- Garnish with chopped green onions, sesame seeds

Personal Review

Was ok.