

Instant Pot Garlic Parmesan Chicken

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Servings: Yield: 6 servings

Ingredients

- 2 Tbsp butter
- 1 small yellow onion, diced
- 4 large garlic cloves, minced
- 1/2 cup chicken broth
- 1/2 tsp garlic powder
- 1/4 tsp pepper
- 1/2 tsp salt
- 8 oz sliced mushrooms (optional)
- 1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets
- 1 cup half and half
- 2 Tbsp flour
- 1/2 cup parmesan cheese
- 3 oz coarsely chopped spinach
- Salt and freshly ground pepper



Steps

1. Turn your Instant Pot to the saute setting (more). When the display reads HOT add in the butter. Once the butter is melted add in the onions and saute for about 3-4 minutes. Add in the garlic and saute for 30 seconds. Add in the chicken broth, garlic powder, pepper and salt. Stir. Add in the mushrooms (if using) and chicken.
2. Cover the pot and secure the lid. Make sure valve is set to sealing. Set the manual/pressure cook button to 6 minutes (this is the cooking time for the 1/2 inch pieces of chicken breast, if they are thicker than that you may need more time). Let the pressure release naturally for 10 minutes and then move the valve to “venting.”
3. Remove the lid. Use tongs to place the chicken on a platter. Loosely cover with foil. Turn the Instant Pot to the saute setting. Warm the half and half up in a pyrex measuring cup for 45 seconds in the microwave. Whisk the flour into the half and half until it's smooth. Whisk the mixture into the Instant Pot. This will thicken up the sauce in a few minutes. Add in the parmesan cheese. Add in the spinach. Salt and pepper to taste.
4. Serve chicken and sauce with noodles, potatoes, rice or quinoa. We like to stir our al dente fettuccine noodles into the pot and coat them with the delicious sauce. This is very similar to alfredo.