

# Pressure Cooker Chicken Breast

1 SERVING 20 MINUTES



## INGREDIENTS

6 ozs Chicken Breast (skinless and boneless)  
1/4 tsp Oregano  
1/4 tsp Dried Thyme  
1/8 tsp Sea Salt  
1 tsp Avocado Oil  
3/4 cup Organic Chicken Broth

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Iron	1mg
Fat	9g	Vitamin D	2IU
Carbs	1g	Folate	17µg
Fiber	0g	Magnesium	51mg
Protein	39g	Zinc	1mg
Vitamin C	0mg		

## DIRECTIONS

- 01 Place the chicken in a shallow bowl and add oregano, thyme and sea salt. Coat the chicken, ensuring it is fully covered.
- 02 Using the sauté function on your pressure cooker, cook the chicken for 2 minutes per side and then remove. Add the chicken broth to the pressure cooker and place the metal rack inside.
- 03 Place the chicken on top of the metal rack and cook on high pressure for 5 minutes. Let the steam release naturally for 8 minutes and then do a quick release. Remove the chicken and top with thyme sprigs. Serve and enjoy!

## NOTES

### RECIPE ID 112

### LEFTOVERS

Refrigerate in an airtight container for up to two days.