

Pressure Cooker Roasted Chicken

6 SERVINGS 50 MINUTES



INGREDIENTS

- 1 Lemon (sliced)
- 1/2 cup Parsley
- 3 1/3 lbs Whole Roasting Chicken
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Dried Thyme
- 1 tsp Oregano
- 1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	301	Iron	3mg
Fat	9g	Vitamin D	0IU
Carbs	1g	Folate	28µg
Fiber	0g	Magnesium	62mg
Protein	51g	Zinc	3mg
Vitamin C	10mg		

DIRECTIONS

- 01 Stuff the lemon and parsley inside the cavity of the chicken. Drizzle the chicken with the oil and sprinkle with salt, thyme and oregano. Rub to coat the chicken with the oil and seasoning on all sides.
- 02 Add the metal rack to your pressure cooker along with the water. Place the seasoned chicken on top of the rack and close the lid.
- 03 Set to “sealing”, then press manual/pressure cooker and cook for 20 minutes on high pressure (or 6 minutes per pound). Once it is done, let the pressure release naturally for 10 to 15 minutes then release the rest of the pressure manually if needed.
- 04 Remove the lid carefully and transfer the cooked chicken to a serving dish. Enjoy!

NOTES

RECIPE ID 113

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CRISPIER CHICKEN

Broil the cooked chicken until the skin browns.