

Pressure Cooker Orange Chicken

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 tsp Avocado Oil
- 1 lb Chicken Breast (skinless, boneless, cut into cubes)
- 1/4 cup Orange Juice (plus zest from half an orange)
- 2 tbsps Apple Cider Vinegar
- 1 tbsp Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 1/4 cup Cilantro (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	157	Iron	1mg
Fat	4g	Vitamin D	1IU
Carbs	2g	Folate	16µg
Fiber	0g	Magnesium	35mg
Protein	26g	Zinc	1mg
Vitamin C	8mg		

DIRECTIONS

- 01 Turn your pressure cooker to sauté mode and add the oil. Then add the chicken and sear on all sides, just until no longer pink, about 1 to 2 minutes. Turn off sauté mode.
- 02 In a small bowl, add the orange juice, zest, apple cider vinegar, ginger, and garlic and whisk well. Pour into the pressure cooker. Put the lid on and set to “sealing” then press manual/pressure cooker and cook for 5 minutes on high pressure. Once finished, do a quick release.
- 03 Carefully open the lid and remove the chicken with a slotted spoon and set aside on a plate.
- 04 Divide evenly between plates and top with cilantro, if using. Enjoy!

NOTES

RECIPE ID 216

SERVING SIZE

One serving is equal to about 1/2 cup of chicken.

GINGER

Use ginger root powder at this stage, then introduce fresh ginger roots in later stages.