MEAL*Genius*®

Instant Pot Cashew Chicken

Active Time: 15 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

291.9 calories, 13.67 g carbohydrate, 1.17 g fiber, 12.5 g NET carbs, 29.5 g protein, 13.34 g fat

Ingredients

- 12 tsp(s) coconut aminos
- 2 tbsp(s) Coconut Secret Organic Raw Coconut Vinegar
- 1 Tbsp Navitas Naturals Organic Palm Sugar
- 32 ounce(s) free-range, organic chicken breast, cubed
- 1/4 cup(s) arrowroot flour
- 1/4 tsp(s) black pepper
- 1 tsp sea salt
- 3 Tbsp(s) coconut oil
- 1 inch(es) ginger, minced
- 3 clove(s) garlic, minced
- 2 Tbsp(s) organic tomato paste
- 1/2 cup(s) raw cashews
- 1 tsp red pepper flakes (optional)

Preparation

1. Add the chicken to a large bowl. Pour in the salt, pepper and arrowroot. Stir to coat.
2. Press the "Sauté" button on the Instant Pot. Add the coconut oil.
3. When hot, add the chicken in batches and brown on all sides. Transfer seared chicken to a plate and cover to keep warm. (Do not crowd the pan – this will cause the coating to steam, not sear)
4. In a small bowl, whisk together the garlic, ginger, coconut aminos, tomato paste, coconut sugar and coconut vinegar. Return the chicken to the pot and pour the tomato-aminos over. Stir to coat.
5. Close and lock the lid. Press the "Keep Warm/Cancel" button, then press the "Poultry" button. The Instant Pot will be set for 15 minutes.
6. When the time is up, quick release or allow the pressure to release naturally.
7. Unlock the lid, stir in the cashews.
8. Serve over cauliflower rice or stir-fried cabbage and garnish with red pepper flakes, if desired.