MEAL*Genius*®

Instant Pot Chicken Piccata

Active Time: 10 minutes | **Total Time:** 40 minutes | **Serves:** 8

Nutrition Information Per Serving

203.1 calories, 6.52 g carbohydrate, 1.04 g fiber, 5.48 g NET carbs, 27.17 g protein, 6.91 g fat

Ingredients

- 32 ounce(s) organic chicken breast, pounded to 1" thick
- 1/4 cup(s) arrowroot flour
- 1/2 tsp(s) sea salt
- 3 Tbsp(s) avocado oil
- 1 whole shallot, diced
- 1/2 cup(s) dry white wine
- 1 cup organic chicken broth
- 3 Tbsp(s) capers
- 1 whole organic lemon, juiced and zested

Preparation

1. Add the arrowroot and chicken to a large bowl and stir to coat well.
2. Press the "Sauté" button on the Instant Pot. Add the avocado oil.
3. When hot, add the chicken, one piece at a time, and brown to golden on both sides (about 2 minutes). 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. Return the seared chicken to the pot. Pour in half of the lemon juice and zest, along with the wine, broth, shallot, sea salt and capers.
5. Close and lock the lid. Press the "Keep Warm/Cancel" button on the Instant Pot, 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 remaining lemon juice.
8. Serve over zoodles or Cappello's Fettucine.