



Mediterranean Chicken with Basil Pesto

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

Nutrition Information Per Serving

322.8 calories, 0.76 g carbohydrate, 0.42 g fiber, 0.34 g NET carbs, 20.37 g protein, 26.26 g fat

Ingredients

- 8 Tbsp(s) organic extra virgin olive oil
- 1 cup fresh organic basil leaves
- 1 ounce pine nuts
- 1 tsp sea salt
- 1 whole - 2lb. pasture-raised chicken, cooked

Preparation

1. In a small bowl, combine paprika, thyme, half the salt, and pepper. Rub seasoning over outside of bird.
2. Set the Instant Pot to "Saut" Heat oil in the pressure cooker to shimmering. Add chicken, breast side down and cook 6-7 minutes.
3. Flip the chicken and add broth, lemon juice and garlic cloves.
4. Lock pressure cooker lid and press the "Keep Warm/Cancel" button, then select "Manual" for 25 minutes on high.
5. Let the pressure cooker release naturally.
6. Meanwhile, make the pesto. Blanch fresh basil to retain its bright green color. To do this, add 1 cup of water to a small saucepan and bring to a boil. Prepare a small bowl filled with ice water.
7. Plunge basil into boiling water and remove as soon as it turns bright green. Plunge basil in ice water. Remove and set aside.
8. Add pine nuts, extra virgin olive oil, remaining sea salt and basil to a food processor or Magic Bullet (preferable). Process until smooth.
9. Spoon over cooked chicken and enjoy.

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