

# Ingredients



1 ½ lb chicken breast skinless cut into pieces  
2 tbsp honey  
1 tbsp garlic minced  
1 tbsp sesame oil  
1 tsp red pepper crushed  
1/4 cup soy sauce  
1 tbsp sesame seeds  
2 tsp cornstarch  
1 tbsp water  
1 tbsp sesame seeds

## Quick Sesame Chicken



### Instructions

- Add the sesame oil in the instant pot and press "sauté"
- Add half of the amount of chicken, stir and cook for 3-4 minutes until it is a bit brown.
- Then take it out and sauté the remaining half the same way. You can add more oil if necessary.
- Take a bowl and add honey, soy sauce, red pepper and garlic, and mix it well.
- Put all the chicken in the pot and then add the sauce. Cover the lid.
- Cook on high pressure for 8 minutes.
- After cooking ends, do a quick pressure release.
- In a small bowl mix the cornstarch and water and whisk.
- Press "sauté" and add the cornstarch mixture into the Instant Pot. Let it cook for about 1 minute to get the required thickness.
- Enjoy. Don't forget to sprinkle sesame seeds on top.

