

## Sweet and Sour Chicken

(InstantPot)

Serves 2

- 340 g boneless, skinless chicken thighs
- 2 T rice vinegar
- 2 T ketchup
- 2 T chicken stock
- 2 T brown sugar
- 1 T soy sauce
- 1 tsp freshly grated ginger
- 1 red bell pepper, seeded, cut into 3-cm chunks
- 170 g pineapple chunks



1. Place the **chicken** thighs in the inner pot.
2. Add the **vinegar, ketchup, chicken stock, brown sugar, soy sauce,** and **ginger**. Stir gently to combine the dissolve the sugar
3. Lock the lid into place. Select **Pressure cook**, adjust the pressure to **High** and the time to **5 minutes**. When cooking is complete, **Quick Release** the pressure.
4. Unlock the lid. Add the **bell pepper** and **pineapple** to the sauce in the pot.
5. Select **Sauté** and adjust to **Medium** heat. Bring to a simmer and cook, stirring occasionally, until the peppers have softened somewhat and the sauce has thickened, **5-6 minutes**.
6. Serve over rice, if desired