

Wine and Mustard Chicken

InstantPot

Serves 6

- 236 ml dry white wine
- 75 ml heavy cream or canned full fat coconut milk
- 2 T Dijon mustard
- 2 T grainy Dijon mustard
- 2 shallots chopped
- 2 cloves garlic, minced or grated
- Kosher salt and pepper
- 900 g boneless chicken breasts, skin on or off
- 1 T virgin olive oil
- 2 T fresh thyme leaves
- 1 T fresh chopped sage
- 30 g salted butter
- 33 g freshly grated parmesan cheese
- ½ bunch kale (or broccoli, cauliflower), chopped
- Mashed potatoes, steamed rice, or buttered noodles, for serving



1. In a small bowl, combine the **wine**, **milk/cream**, both **mustards**, **shallots**, **garlic**, and a pinch each of **salt** and **pepper**.
2. Rub the **chicken** with **thyme**, **sage**, and a pinch each of **salt** and **pepper**. Set the Instant Pot to **SAUTÉ**. Add the **olive oil**. When the oil shimmers, add the chicken and sear until golden brown on both sides, **about 3 minutes per side**.
3. Pour in the **wine/mustard sauce**.
4. Add the **butter**. Cover and cook on **HIGH PRESSURE** for **8 minutes**.
5. Once done cooking, use the **natural or quick release** function. Set the Instant pot to **SAUTÉ** and add the **Parmesan** and kale, gently tossing to combine. **Cook 5 minutes**.
6. Serve as directed above.

<https://www.halfbakedharvest.com/slow-cooker-french-wine-and-mustard-chicken/#bo-recipe>