

Instant Pot Chicken Thighs with Honey Garlic Sauce

These Instant Pot Chicken Thighs are seared to perfection, slathered with honey garlic sauce, and then pressure cooked in your Instant Pot to make them juicy as can be.

Ingredients

2 lbs. chicken thighs
1.5 tablespoons olive oil
1 tablespoon minced garlic
1/3 cup honey
2 tablespoon soy sauce (or tamari)
1 teaspoon chili garlic sauce
cornstarch slurry (optional) – 1/2 tablespoon
cornstarch and 1 tablespoon warm water
1 teaspoon sesame seeds (optional)



Method

First, use a few pieces of paper towel to remove as much moisture as possible from your chicken thighs.

Next, turn on the Instant Pot's sauté feature. Add olive oil and then sear both sides of each chicken thigh for 2-3 minutes to give them a nice brown.

While the chicken thighs are sauteing, prepare the honey garlic sauce. Mix together minced garlic, honey, soy sauce, and chili garlic sauce.

Once the chicken thighs are done browning, turn off the sauté function and then pour on the honey garlic sauce.

Close your Instant Pot and turn the valve to seal. Turn your Instant Pot to manual > high pressure > and set the timer for 5 minutes. It will take around 10 minutes for the pressure to build before it starts counting down from 5 minutes.

When the timer goes off, quick release your Instant Pot by opening the valve.

Remove the lid and then remove chicken thighs.

Option to serve immediately and pour the sauce over the chicken thighs. Or, you have the option to thicken your sauce with a cornstarch slurry. To thicken, turn on the Instant Pot's saute feature (you need the heat to ignite the thickening agent). Then, whisk together cornstarch and water until the cornstarch dissolves to create a cornstarch slurry. Pour the slurry into the sauce and whisk until the sauce thickens.

Pour the sauce over the chicken and serve with sesame seeds and your favorite grain and veggies.