

Instant Pot Lemon Garlic Chicken

By Tracy Lauth

Serves 4

Very few flavors compliment each other like lemon and garlic. Add some sweet, white onion and chicken and you have a winner, winner, chicken dinner!

Have you ever forgotten to thaw dinner only to remember moments before you arrive home to a hungry family? I have and before the Instant Pot I was scrounging for leftovers. Remember all those dinners as a child with meat and gravy over white bread? With an instant Pot, those are a thing of the past.

An instant pot will take a completely frozen chicken, thaw and cook it in an hour and fifteen minutes (depending on size)

Here is a winner for my family.



Ingredients

- 1 whole chicken (frozen or thawed)
- 1 medium sweet white onion cut into pieces
- 1 large or two small lemons sliced into 1/2-inch pieces
- 5 cloves of garlic smashed
- 1 tsp dried oregano
- 1 tsp course sea salt
- ½ tsp fresh cracked pepper
- 3 c water

Instructions

1. Place chopped onion and smashed garlic in bottom of pot
2. Place chicken breast side down – always cook bird breast side down!
3. Add lemon placing covering top of bird and the rest around the bird
4. Sprinkle oregano, salt, and pepper over meat and around bird
5. Carefully pour water around bird (not over) until half submerged in water
6. Cover, seal, and turn on Instant Pot to Poultry setting
7. The Instant Pot is intuitive and will determine if your bird is frozen and adjust time accordingly.
8. Serve with rice, veggies, or strain stock, season and use for soup base.