

Instant Pot Paleo Indian Spiced Roast Chicken

Ingredients

- 3 tablespoons dice Shallot
- 1 teaspoon Cayenne Pepper
- 4 teaspoons minced Garlic
- 1 tablespoon Ginger, Fresh
- 30g Tomato Paste
- 1 teaspoon Cumin
- $\frac{3}{4}$ teaspoon Coriander, Ground
- 2 tablespoons Coconut Aminos
- 1 teaspoon Honey, Raw
- 1 tablespoon Chili Powder
- 2 teaspoons Sea Salt
- 100ml Coconut Milk, Canned
- 3 medium Limes
- 1 individual Chicken, Whole (1.5 - 2kg)
- 1 tablespoon Coconut Oil
- 1 $\frac{1}{2}$ cups Chicken Broth

Method

1. Place shallot, cayenne pepper, garlic cloves, ginger, tomato paste, cumin, coriander, coconut aminos, honey, chili powder, sea salt, and coconut milk in a blender or food processor and pulse until a paste forms.
2. Remove innards from chicken. Rub half of the paste over the outside of chicken. Squeeze the juice from the lime all over chicken and place lime rinds and remaining paste inside chicken.
3. Heat coconut oil on saute setting until it shimmers.
4. Place chicken breast side down and saute for 3-4 minutes, flip to the other side and repeat.
5. Remove chicken from the pot and place trivet inside. Place chicken on trivet, breast side up. Pour broth over chicken.
6. Lock lid into place and seal steam nozzle.
7. Cook on high pressure for 25 minutes.
8. Release pressure naturally.
9. Check to ensure chicken is 180 degrees with a meat thermometer.