

Instant Pot® Coconut Curry Chicken



This is a rich, creamy coconut curry dish that comes together quickly in an Instant Pot®. Customize the taste by using more or less curry powder and sugar. Delicious over jasmine or basmati rice! Garnish with chopped chives, if desired.

Prep: 15 mins
Cook: 35 mins
Additional: 15 mins
Total: 1 hr 5 mins
Servings: 4
Yield: 4 servings



Ingredients

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 3 tablespoons curry powder, or to taste, divided
- 2 cloves garlic, chopped
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 (8 ounce) can tomato sauce
- ½ cup chicken broth
- 2 tablespoons white sugar
- 2 pounds chicken breasts
- salt to taste
- ground black pepper to taste
- 1 (14 ounce) can coconut milk

Directions

Step 1

Turn on a multi-functional pressure cooker (such as Instant Pot®) and select Saute function. Add coconut oil; when hot, add onion and cook for 1 minute. Add 2 tablespoons curry powder and garlic. Mix well and cook for 2 minutes. Turn off Saute function. Stir in diced tomatoes, tomato sauce, chicken broth, and sugar.

Step 2

Poke holes into each chicken breast using a fork. Sprinkle with salt, pepper, and remaining curry powder. Add seasoned chicken to the pot. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 10 minutes. Allow 10 to 15 minutes for pressure to build.

Step 3

Release pressure using the natural-release method according to manufacturer's instructions for 10 minutes. Release remaining pressure carefully using the quick-release method according to manufacturer's instructions, about 5 minutes. Unlock and remove the lid.

Step 4

Remove chicken; use 2 forks to shred the meat and return it to the pot. Turn on Saute function; cook and stir until liquid is lightly boiling, 2 to 3 minutes.

Step 5

Turn pressure cooker to Keep Warm. Add coconut milk and stir well; cook for 10 minutes more to allow flavors to come together.

Tips

The magazine version of this recipe omits the chicken broth, uses only 1 tablespoon sugar, and adds 1/8 teaspoon cayenne.

Nutrition Facts

Per Serving: 563 calories; protein 51.9g; carbohydrates 21.5g; fat 30.6g; cholesterol 130mg; sodium 766.2mg.

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