

Instant Pot Chicken and Rice Congee

★★★★★

Instant Pot Congee is quick and easy to make. It's a one pot chicken and rice Instant Pot meal. Make this jook recipe for breakfast or for dinner.

Course	Breakfast, Brunch, Savory, Soup
Cuisine	Chinese
Keyword	Instant Pot, Congee, Chicken and Rice
Special Diet	Dairy Free, Gluten Free
Prep Time	10 minutes
Cook Time	30 minutes
IP Natural Release	25 minutes
Total Time	40 minutes
Servings	8
Calories	271kcal
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Ingredients

- 1 1/2 pounds chicken thigh (bone-in)
- 6 cups water
- 1 cup long grain brown rice (U.S. standard cup)
- 1 2-inch piece fresh ginger
- 1 teaspoon salt (or to taste)
- soy sauce - for serving
- sesame oil - for serving
- green onions (scallions) - for serving (about 3)
- chili oil with crunchy garlic (this topping is so good on everything!)

Instructions

1. Set the Instant Pot to SAUTÉ and add in a bit of oil. While it heats, peel and cut the ginger into 3 large pieces.
2. Once the pot is hot, add in the chicken thighs, skin side down. Allow the chicken to cook for about 5 minutes, undisturbed, to brown. Loosen the chicken from the pot.
3. Add in a bit of water, scrapping up any browned bits from the bottom of the pot. Add in all the water, the rice and the ginger and give everything a quick stir. Hit the CANCEL button.
4. Cover and seal the lid. Using MANUAL mode, cook at high pressure for 30 minutes. Use Natural Release.
5. Open the lid very carefully. Remove the chicken pieces into a bowl. The congee may seem watery.
6. Use the SAUTÉ function, and cook, stirring the congee until your desired thickness. The congee will thicken as you stir it. It will also continue to thicken as it cools a bit.
7. In the meantime, using two forks, pull the meat off the bones (it will fall off). Discard the bones and skin. Add the chicken meat back into the congee. Finely slice the green onions for garnish.

← or just bones (chicken, duck, roast pork, etc.)

← white rice (long grain)
O.K.

← can omit
← can add after cook the rice

even put everything in the pot at one time

8. Turn off the Instant Pot. Taste and add salt, as needed. Ladle the congee into bowls and top with green onions, soy sauce, sesame oil and chili oil.

Nutrition

Calories: 271kcal | Carbohydrates: 18g | Protein: 15g | Fat: 14g | Saturated Fat: 3g | Cholesterol: 83mg |

Sodium: 367mg | Potassium: 225mg | Fiber: 0g | Sugar: 0g | Vitamin A: 65IU | Calcium: 18mg | Iron: 0.9mg

Get this recipe for Instant Pot Chicken and Rice Congee at <https://www.theworktop.com/breakfast-brunch-recipes/savory/instant-pot-congee-chicken-rice/>.