



Garlic Parmesan Chicken

Juicy chicken in a creamy garlic-parmesan sauce with chopped spinach for color and a punch of nutrition, on the table in less than 30 minutes.

Servings	Prep Time	Cook Time
4-6people	0minutes	25minutes

Ingredients

- 2tbsp butter
- 1 onion(small), finely diced
- 4 garlic cloves-minced
- 1/2cup chicken broth
- 1 1/2lbs chicken thighs-boneless and skinless
- 1cup half and half-warmed
- 2tbsp flour
- 1/2cup Parmesan cheese-grated
- 3cups baby spinach-chopped

Instructions

1. Add butter to the Instant Pot. Using the display panel select the **SAUTE** function.
2. When butter is melted, add onion to the pot and saute until soft, 3-4 minutes. Add garlic and cook for 1-2 minutes more.
3. Add broth to the pot and deglaze by using a wooden spoon to scrape the brown bits from the bottom of the pot.
4. Add the chicken to the pot, then secure the lid, making sure the vent is closed.
5. Using the display panel select the **MANUAL** function*. Use the +/- keys and program the Instant Pot for **5 minutes**.
6. When the time is up, let the **pressure naturally release** for 5 minutes, then quick-release the remaining pressure.
7. Remove the chicken to a serving platter.
8. Whisk the flour into the half and half until smooth. Stir into the pot along with the parmesan cheese. Cook and stir until thickened, about 3-4 minutes, returning to **SAUTE** mode as needed.
9. Stir in the spinach and adjust seasonings.
10. Serve sauce over the chicken, alongside noodles, zucchini zoodles, rice or vegetables.

Recipe Notes *The MANUAL and PRESSURE COOK buttons are interchangeable.