

Instant Pot Chicken Breast

Seasoned boneless breasts, optionally seared, pressure-cooked in broth with a knob of butter for reliably juicy chicken — plus a two-minute gravy from the pot juices.

PREP	COOK	TOTAL	SERVES
10 min	8 min	18 min	4

INGREDIENTS

4 boneless skinless chicken breasts (about 8 oz each, 2 lb total)	¼ tsp garlic powder
¾ tsp Italian seasoning	⅓ tsp black pepper
½ tsp salt	2 tbsp oil
¼ tsp paprika	1–1½ cups low-sodium chicken broth
	1 tbsp unsalted butter

METHOD

- 1 Mix the Italian seasoning, salt, paprika, garlic powder and pepper and sprinkle over all sides of the chicken.
- 2 Optional but worth it: sauté until the pot reads hot, add the oil, and sear the breasts about 2 minutes per side until golden (in batches if needed). Remove, add the broth, and scrape the bottom clean.
- 3 Return the chicken to the broth and set the butter on top.
- 4 Lock the lid, valve to sealing, and pressure cook on high for 8 minutes for 8 oz breasts — add a minute or two for larger ones. Allow about 10 minutes for the pot to pressurise.
- 5 Let the pressure release naturally for at least 10 minutes, then remove the chicken and rest it 5 minutes before slicing.
- 6 For gravy: switch to sauté and whisk 1–2 tbsp each of cornstarch and water into the juices until thickened.

NOTES

The 8-minute timing assumes 8 oz breasts; weigh rather than guess if you can.

Skipping the sear saves 10 minutes with only a small loss of flavour.

Per serving — Calories: 170 kcal · Carbs: 1 g · Protein: 25 g · Fat: 6 g · Sodium: 449 mg

Adapted from The Recipe Rebel · <https://www.thereciperebel.com/instant-pot-chicken-breast/> · Potbelly, typeset