

Instant Pot Whole Chicken

A whole Cajun-rubbed chicken browned on all sides, stuffed with lemon, onion, garlic and rosemary, then pressure-cooked to rotisserie tenderness — with rice cooked in the resulting broth.

PREP	COOK	TOTAL	SERVES
5 min	30 min	50 min	6

INGREDIENTS

3 lb whole chicken

3 tbsp Cajun seasoning

Salt and pepper

1 tbsp olive oil

1 lemon

1 onion, in wedges

3 cloves garlic

3 sprigs rosemary

1 cup water

2 cups basmati or long grain rice (optional, to follow)

METHOD

THE CHICKEN

- 1 Pat the chicken thoroughly dry and season it all over — cavity included — with the Cajun seasoning, salt and pepper.
- 2 Heat the oil on sauté until the pot reads HOT, then brown the chicken breast-side down first, turning to colour all four sides, about 4 minutes each. Switch off sauté.
- 3 Squeeze the lemon over the browned chicken — the sear keeps the seasoning in place.
- 4 Stuff the cavity with the onion wedges, garlic, the spent lemon and the rosemary, securing with toothpicks if needed.
- 5 Pour in the water — no trivet needed.
- 6 Pressure cook on high for 25 minutes, then quick-release the steam.
- 7 Rest the chicken 15 minutes before carving, or broil it 5 minutes first for crisp skin — watch it closely.

RICE IN THE BROTH (OPTIONAL)

- ① Rinse the rice until the water runs clear and soak it 15 minutes.
- ② Add the rice to the broth left in the pot — it should sit an inch under the liquid. Pressure cook on high for 4 minutes with a 15-minute natural release.
- ③ Fluff with a fork and serve alongside the chicken.

NOTES

The pot broth doubles as the rice cooking liquid — don't discard it.

Any all-purpose rub works in place of Cajun seasoning.

Per serving — Calories: 200 kcal · Carbs: 6 g · Protein: 26 g · Fat: 8 g · Sodium: 130 mg · Fiber: 2 g · Sugar: 2 g

Adapted from Little Sunny Kitchen · <https://littlesunnykitchen.com/instant-pot-whole-chicken/> · Potbelly, typeset