



JERNEJ KITCHEN

INSTANT POT SHREDDED CHICKEN BREAST

Instant Pot Shredded Chicken Breast is a simple recipe for a juicy, melt in your mouth delicious chicken. Perfect for wraps, sandwiches, pasta sauces, and more.

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
COOK:	30	MINUTES
TOTAL TIME:	35	MINUTES

INSTANT POT SHREDDED CHICKEN BREAST

2 x 300g (10.5 oz) chicken breast, skinless and boneless

1 clove of garlic

1/2 tsp paprika powder

1/4 tsp ground black pepper

1/2 tsp sea salt

500 ml (2 cups) chicken broth

200 g (1 cup) canned tomatoes

1 sprig of thyme

1 bay leaf

TOOLS AND EQUIPEMENT

bowl

[Instant Pot](#)

pressure cooker (optional)

saucepan

immersion blender or blender

SEASON THE MEAT

Add chicken breast and crushed garlic clove to a bowl. Season with paprika powder, black pepper, and salt. Rub the seasoning into the meat.

COOK THE CHICKEN BREAST

Transfer the meat to an Instant Pot or pressure cooker. Add the chicken broth, canned tomatoes, thyme, and bay leaf. Cover the cooker with the lid. Cook on high (full pressure) for 10 minutes. Leave the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. If you are using a pressure cooker, instead of an Instant Pot, do it like this. Secure the pressure cooker lid and bring to high pressure over high heat. Once at high pressure, lower the heat to medium and cook for 10 minutes. Remove from the heat and leave the lid on for about 10 minutes or until the pressure comes down. Using a quick-release valve, carefully open.

MAKE THE SAUCE AND SERVE

Place the cooked chicken breast to a bowl and transfer the remaining sauce to a saucepan. Discard the bay leaf and thyme. Place the saucepan with the sauce over high heat and bring to a boil. Boil for 10 minutes or until the sauce is reduced by half. Using a blender or an immersion blender, blend the sauce for a couple of minutes, or until it's silky. Use two forks to shred the chicken. Pour the sauce over the shredded chicken, stir, and serve.