

Pressure Cooker Cashew Chicken

11 ingredients · 25 minutes · 2 servings



Directions

1. In a small bowl, add half the avocado oil, coconut aminos, ketchup, rice vinegar, orange juice and garlic. Whisk to combine.
2. Toss the cubed chicken breast with half the arrowroot powder. Turn on the pressure cooker to sauté mode. Add the remaining avocado oil and the chicken then sear for 1 to 2 minutes. Press cancel and then pour the sauce on top. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once finished, manually release the pressure.
3. While the chicken is cooking, whisk the remaining arrowroot powder and water in a small bowl. Remove the lid carefully on the pressure cooker and whisk to combine the arrowroot/water mixture. Add the cashews and stir.
4. Divide onto plates and garnish with green onion (optional). Enjoy!

Notes

Serve it With

A side of rice, couscous, quinoa or cauliflower rice.

Likes it Spicy

Garnish with red pepper flakes.

Leftovers

Keeps well in the fridge for up to three days.

Ingredients

- 2 **tsps** Avocado Oil (divided)
- 2 **tbsps** Coconut Aminos
- 1 **tbsp** Sugar Free Ketchup
- 1 **tbsp** Rice Vinegar
- 1 **1/2 tbsps** Orange Juice
- 1 Garlic (clove, minced)
- 8 **ozs** Chicken Breast (skinless, boneless, cubed)
- 2 **tsps** Arrowroot Powder (divided)
- 2 **tsps** Water
- 1/2 **cup** Cashews
- 1 **stalk** Green Onion (optional, sliced)

Nutrition

Amount per serving

Calories	446	Vitamin C	7mg
Fat	24g	Calcium	28mg
Saturated	5g	Iron	3mg
Carbs	20g	Vitamin D	1IU
Fiber	1g	Vitamin B6	1.4mg
Sugar	6g	Folate	29µg
Protein	40g	Vitamin B12	0.2µg
Cholesterol	117mg	Magnesium	131mg
Sodium	388mg	Zinc	3mg
Potassium	675mg	Selenium	36µg

Vitamin A 299IU