



Healthy Recipes

Instant Pot General Tso's Chicken Lettuce Wraps

YIELDS

4-6 servings

PREP TIME

20 min.

TOTAL TIME

40 min.

Ingredients

2 lbs skinless and boneless chicken breast, cut into bite size pieces

1/4 cup low sodium soy sauce

1 tsp dark soy sauce

2 Tbsp honey

2 Tbsp brown sugar

2 cloves garlic, minced

1 tsp fresh ginger, grated

3 Tbsp rice vinegar

1/4 tsp red pepper flakes

1 Tbsp tomato paste

2 Tbsp hoisin sauce

1 Tbsp cornstarch

1 Tbsp water

Directions

Turn your Instant Pot to the sauté setting. (See your manufacturer's guide for detailed instructions on how to use your instant pot.)

Add the chicken pieces to the Instant Pot then dump the rest of the ingredients in it, excluding the cornstarch and water. Stir everything well with a spoon.

Close the lid and set the Instant Pot to the Poultry setting and set the timer to 5 minutes.

Once the Instant Pot cycle is complete, wait until the natural release cycle is finished, about 10 minutes. Follow the manufacturer's guide for quick release, if in a rush. Carefully unlock and remove the lid from the Instant Pot.

Switch the Instant Pot to the sauté setting (do not put the lid on). Transfer the chicken to a bowl using a slotted spoon.

In a small bowl whisk the cornstarch and water together, then pour over the sauce and stir. Cook for about 2 minutes until the sauce thickens. Add the chicken back to the Instant Pot and turn off your Instant Pot by pressing the cancel button.

Garnish the chicken with sesame seeds and green onions. Serve in lettuce leaves.

Notes

To make this in the crockpot, add all ingredients except cornstarch and water and cook on low for 4-6 hours.

After cooking, remove the chicken, turn the crockpot to high, add the cornstarch/water mixture and allow to thicken. Add the chicken back in and serve as desired.

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