



Pressure Cooker Mexican Chicken & Quinoa

4 servings

40 minutes

Ingredients

237 milliliters Water
680 grams Chicken Thighs (boneless, skinless)
6 grams Sea Salt (divided)
3 grams Chili Powder (divided)
2 grams Cumin (divided)
2 grams Smoked Paprika (divided)
1 gram Oregano (divided)
42 grams Kale Leaves (finely chopped)
242 grams Diced Tomatoes (from the can, drained)
450 milligrams Red Pepper Flakes
170 grams Quinoa (uncooked)
1/2 Lime (juiced)

Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, cumin, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/3 cups of the quinoa mixture.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

Cooking Time: When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

No Kale: Use spinach instead.