

Instant Pot Carolina Pulled Chicken

PREP TIME:

5 minutes

COOKING TIME:

Instant Pot / Multi
Cooker
12 minutes manual

SERVES:

6



INGREDIENTS:

1 packet Smoky BBQ blend
2 ½ lbs chicken thighs, boneless, skinless
1/2 cup / 4 fl oz cider vinegar
1/2 cup / 4 fl oz water
dipping sauce (optional)
1/2 cup / 4 fl oz cider vinegar
1/4 cup / 2 fl oz water
2 tbsp tomato ketchup
1 tbsp brown sugar
1/2 tsp red pepper flakes
1/4 tsp salt
dash of tabasco

PREPARE:

rub the chicken thighs with the Smoky BBQ blend & place in the Instant Pot

pour the vinegar & water over chicken

secure Instant Pot lid, set pressure valve to Sealing

cook on Manual / Pressure Cook for 12 minutes

turn the dial to Venting to Quick Pressure Release after cooking

shred the chicken & return to the pot - leave to rest for 5 minutes before serving on buns with the Carolina dipping sauce

pair with an India Pale Ale, fresh lemonade or tart hard