

Instant Pot Sticky Chicken Tacos

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

to serve:

12 corn or tortillas & your favorite BBQ
sauce and sides

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 tacos with BBQ sauce

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

