

# Instant Pot Sticky Pulled Chicken

## PREP TIME:

5 minutes

## COOKING TIME:

Instant Pot / Multi  
Cooker  
12 minutes manual /  
17 minutes total

## 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 / 2 fl oz water

## to serve:

6 pretzel buns  
your favorite BBQ sauce for serving

## PREPARE:

rub the chicken with the Smoky BBQ blend; transfer to the slow cooker or refrigerate overnight

add the cider vinegar to the chicken

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 BBQ sauce

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