

# INSTANT POT CLASSIC

*Recipes*



As the colder weather and shorter days draw in, we welcome 'Instant Pot season'; the time for warm, comforting dishes that you can make at home, quickly and easily.

Leave your Instant Pot to do the work for you, as you 'Set it and forget it', knowing that you'll have something delicious to eat at the end of the cooking program.

*Today's forecast:  
100% chance of  
InstantPot!*

Please note: Cooking time = Time in cooker/fryer from start to finish including set pressure release time. Does not include any preparation time or Instant Pot preheating time, or untimed natural pressure release.



## *Discover Amazing*

**TURMERIC LATTE PORRIDGE**

**TWO INGREDIENT CHOCOLATE YOGURT**

**LAMB STEW**

**MUSHROOM AND SPINACH RISOTTO**

**STICKY SAUSAGES & MASH**

**CHICKEN TIKKA MASALA**

**SPICED CARROT SOUP**

**SOUS VIDE STEAK**

**ORANGE CHICKEN**

**BLUEBERRY CHEESECAKE**

**BISCOFF MOLTEN LAVA CAKES**

**CRÈME BRÛLÉE**

## TURMERIC LATTE PORRIDGE RECIPE

*Time: 33 minutes Servings: 4*

### INGREDIENTS

#### Oats:

400ml coconut cream, shaken

350ml water

160g rolled oats

60g coconut sugar, or replace for honey or brown sugar

1 tsp salt

#### Turmeric Roasted Pears:

3 ripe pears

½ tsp turmeric

3 tbsp maple syrup

1 tsp freshly grated ginger

A pinch of black pepper

For serving:

Nuts and seeds of choice

### INSTRUCTIONS

1. Place the 300ml coconut cream, oats, salt, coconut sugar and water in a bowl and set aside. Reserve 100ml of coconut cream for serving. Chefs Tip: the longer oats soak, the more deliciously creamy they become. You can do this process the night before for super creamy results.

2. Peel, core and halve the pears then place on 2 sheets of tin foil .

3. Make the turmeric glaze by combining the maple syrup, pepper and freshly grated ginger, then pour the glaze over the pears, and seal the tinfoil into two pouches.

4. Place the pears into the double layer air fryer basket of the Duo Crisp/Pro Crisp and Roast for 30 minutes at 195°C until the pears are soft and cooked through (start checking at 22 mins as times will vary depending on the size of the pear). You can also complete this step in an oven.

5. Once cooked, remove the pear pouches and air fryer basket and place the oats, water, coconut sugar and salt into the inner pot.

6. Select Pressure Cook, and set the time to 3 minutes. Press Start.

7. When the cooking program finishes, perform a quick pressure release, then remove the lid and stir the oats. Add more water and salt until the porridge is the seasoned and to the consistency you enjoy.

8. To serve, ladle your porridge into bowls, top with a pear half, some sticky pear juice, coconut cream and any additional toppings you'd like such as seeds, granola, or nuts.



*Perfect  
for a sweet  
breakfast  
treat or  
dessert!*



## TWO INGREDIENT CHOCOLATE YOGURT

*Time: 8 hours (plus 8 hours refrigeration) Servings: 4*

### INGREDIENTS

650ml ultra-filtered chocolate milk

1 tbsp plain or vanilla yogurt with active cultures

For serving:

Your choice of topping

### INSTRUCTIONS

1. Combine 400ml of chocolate milk with the active-culture yogurt and stir until smooth.

2. Add the remainder of the milk to the inner pot, then add the yogurt mixture and stir until all yogurt is incorporated, then secure the lid.

3. Select Yogurt and set the time for 8 hours. Then press start.

4. When the cooking program finishes, remove the inner pot and cover with cling film. Refrigerate for at least 8 hours. Do not stir at this point.

5. At the end of the refrigeration time you will have a pourable chocolate yogurt.

6. Serve with your choice of topping: fruit, granola, nuts... or whatever you fancy!

## LAMB STEW

*Time: 42 minutes Servings: 4*

### INGREDIENTS

2 tbsp oil  
900g boneless lamb  
1/2 tbsp sea salt for the lamb, plus more to taste  
1 tsp black pepper for lamb. plus more to taste  
1/2 tsp dried thyme  
60g plain flour  
900ml stock  
1 large onion, diced  
3 garlic cloves, minced  
1 green chilli  
450g button mushrooms, sliced  
900ml stock  
1 tbsp tomato paste  
2 small potatoes, halved or quartered  
3 medium carrots, peeled and cut into thick pieces  
Handful of peas

### INSTRUCTIONS

1. Select Sauté and set the time to 10 minutes. Once the display indicates Hot, add the oil and wait for it to start shimmering.
2. Meanwhile, In a large bowl, toss the lamb meat with salt, pepper, thyme and flour. Then add to the inner pot.
3. Once browned all over, remove to a plate and set aside.
4. Add a few tablespoons of the stock and deglaze the base of the inner pot, then add the onion, garlic and fresh chillies and sauté for 2 minutes, stirring occasionally.
5. Add the lamb and the rest of the ingredients (including the remaining stock) back into the pot and press Cancel.
6. Secure the lid and select Pressure Cook and set the time for 30 minutes. Press Start.
7. When the cooking program has finished, allow the pressure to release naturally for 10minutes, then quick release the remaining pressure.
8. Open the lid and stir the stew before serving.



Recipe & Imagery:  
@canweeat\_

## MUSHROOM RISOTTO

*Time: 13 minutes Servings: 4*

### INGREDIENTS

1 tbsp olive oil  
3 small shallots, finely diced  
120g cremini mushrooms, sliced  
1/4 tsp salt  
1/8 tsp crushed red pepper  
1 garlic clove, minced  
240ml vegetable stock  
100g Arborio rice  
1/4 tsp dried thyme  
1 tbsp butter  
60g parmesan cheese, freshly grated

### INSTRUCTIONS

1. Select sauté and add oil to the inner pot. When the oil is hot, add shallots and cook for 2 minutes to soften, stirring occasionally.
2. Add mushrooms, salt, and crushed red pepper; cook for 4 minutes or until mushrooms are tender, stirring frequently.
3. Add garlic; cook and stir for 1 minute more. Then press Cancel and add the stock, rice, and thyme.
4. Secure the lid on the pot. Select Pressure Cook, set the time for 6 minutes and press Start.
5. When the cooking program has finished, perform a quick pressure release.
6. Remove the lid, then add the butter to the rice mixture and stir to melt.
7. Mix in the Parmesan cheese and serve.



## STICKY SAUSAGES AND MASH

*Time: 28 minutes Servings: 2*

### INGREDIENTS

200g sausages

For the Red Onion & Thyme Chutney:

2 red onions, thinly sliced

180ml water

1 tsp thyme leaves, picked

60g brown sugar

100ml apple cider vinegar

For the mash:

4 potatoes about 300g, peeled and quartered

Boiling water

60ml cream or milk

30g butter

1 tsp thyme leaves, picked

½ garlic clove, grated

### INSTRUCTIONS

1. Drizzle the inner pot with a little olive oil and select Sauté, and set the time for 10 minutes. Once hot, add the sausages and cook on both sides until golden brown. Remove the sausages and set aside until needed.

2. Add the onions to the pot and add a little water to deglaze the base of the inner pot. Sauté the onions until softened, then season with salt, add 180ml water to the pot and add in the picked thyme then press Cancel.

3. Place the sausages on top of the onion mixture and secure the lid.

4. Select Pressure Cook and set the timer to 1 minute, then press Start. When the cooking program finishes, perform a quick pressure release, and remove the sausages, keeping them warm until needed.

5. Press Cancel, then select sauté again for 5 minutes. Add the sugar and vinegar and reduce the chutney until sticky and saucy! Season to taste with salt and pepper then press cancel and remove the chutney from the pot. Set aside.

6. To make the mash, add the peeled potatoes to the inner pot, then pour over just enough boiling water to cover them and add a generous pinch of salt.

7. Secure the lid of the Instant Pot, select Pressure Cook and set the time to 12 minutes. Press Start.

8. When the cooking program has finished, perform a quick pressure release, then drain the potatoes and mash with the butter and cream/milk.

9. Finely grate over ½ clove of garlic into the mash and stir this through with the fresh thyme and season to taste with salt and pepper.

10. Warm your sausages and chutney, then plate up your creamy, dreamy mash and sausages, before spooning over your sticky onion chutney.



## CHICKEN TIKKA MASALA

*Time: 15 minutes Servings: 4*

### INGREDIENTS

2 onions, chopped  
1 garlic clove, crushed  
1 cm fresh ginger, grated  
2 tsp garam masala  
3/4 tsp paprika  
3/4 tsp ground turmeric  
1 tsp ground cumin  
1/2 tsp ground cinnamon  
2 tsp salt  
500g passata  
450g boneless chicken breasts  
1/2 x 400g can coconut milk  
For serving:  
Basmati rice

### INSTRUCTIONS

1. Put all the ingredients except the coconut milk into the inner pot, making sure the chicken goes in last so it doesn't stick to the bottom during cooking.
2. Secure the lid and select Pressure Cook. Set the time for 15 minutes, and press start.
3. When the cooking program finishes, perform a quick pressure release and remove the lid.
4. Stir in the coconut milk and keep warm in the pot until ready to serve.
5. Serve the curry on basmati rice.



## SPICED CARROT SOUP

*Time: 13 minutes Servings: 4*

### INGREDIENTS

2 tbsp extra-virgin olive oil  
2 onions, chopped  
1 tsp table salt  
1 tbsp grated fresh ginger  
1 tbsp ground coriander  
1 tbsp ground fennel  
1 tsp ground cinnamon  
1 L vegetable stock  
500ml water  
900g carrots, peeled and cut into 2 inch pieces  
1/2 tsp baking soda  
2 tbsp pomegranate molasses  
125g plain greek yogurt  
75g hazelnuts toasted skinned, and chopped  
1 bunch of chopped fresh coriander

### INSTRUCTIONS

1. Select Sauté on the Instant Pot and set the time to 5 minutes.
2. Once the display indicates Hot, add the oil, onions and salt and cook until onions are softened.
3. Stir in ginger, coriander, fennel, and cinnamon and cook until fragrant, then add the stock water, carrots, and baking soda. Use a wooden spoon to deglaze the base of the inner pot, then press Cancel.
4. Secure the lid and select Pressure Cook. Set the time for 3 minutes, then press Start.
5. When the cooking program has finished, perform a quick pressure release then remove the lid and press Cancel.
6. Working in batches, process soup in blender until smooth, and then return the processed soup to the inner pot.
7. Select Sauté again and set the time to 5 minutes. Bring the soup to a simmer, and season with salt and pepper to taste.
8. Drizzle individual portions with pomegranate molasses and top with yogurt, hazelnuts, and coriander before serving.



*Use the  
Sous Vide function  
to make a  
perfect succulent  
steak - every time!*

## SOUS VIDE STEAK

*Time: 91 minutes Servings: 2*

### INGREDIENTS

2 x 340g sirloin steaks

Salt and pepper, to taste

For serving:

Your choice of vegetables

### INSTRUCTIONS

1. Fill the inner pot with 2/3 water.
2. Secure the lid and select Sous Vide. Adjust the time to 90 minutes and the temperature to 60°C. Press Start to allow the water to come to temperature.
3. Meanwhile, prepare the steak by sprinkling with salt and pepper, then seal into individual ziploc bags.
4. Once the water in the Instant Pot has come to temperature, submerge the steaks in the water, then place the lid back on and allow to cook.
5. Once the cooking program has finished, remove the steaks from the bags and pat dry, then empty the inner pot of water.
6. Select Saute and set the time for 1 minute. When the display indicates Hot, add a little bit of oil then sear the steaks for 30 seconds each side.
7. Serve immediately with your choice of vegetables.







## ORANGE CHICKEN

*Time: 11 minutes Servings: 4*

### INGREDIENTS

1 tbsp oil

400g boneless chicken thighs

1 red pepper, diced

1 tsp ginger

2 cloves garlic, crushed

30ml rice vinegar

60g brown sugar

2 oranges, zest and juice

1 tsp chilli flakes

60ml chicken stock

250ml orange juice

1 tbsp corn flour + 2 tbsp water

2-3 tbsp soy sauce

For serving:

Rice

Finely chopped spring onions

### INSTRUCTIONS

1. Select Sauté and set the time for 8 minutes. When the display indicates Hot, add the oil and chicken thighs to the inner pot.

2. Sauté until the chicken is golden brown on one side, then remove from the inner pot and set aside.

3. Add the peppers to the pot and sauté for 2 to 3 minutes until they begin to soften. Then add the ginger and garlic and cook for a further minute.

4. Add the rice vinegar, then deglaze the base of the pot, and cook until the vinegar has reduced slightly.

5. Add the sugar, orange zest, chilli flakes, chicken stock and orange juice (250ml + juice from the fresh oranges.) Bring the mixture to a boil, then press Cancel and deglaze the pot again.

6. Put the chicken back into the inner pot, secure the lid and select Pressure Cook. Set the time for 1 minute and press Start.

7. When the cooking program finishes, perform a quick pressure release, then remove the lid.

8. Press cancel, then select Sauté again for 2 minutes.

9. Mix together cornflour and water, then pour into the inner pot and stir to thicken the sauce.

10. Serve immediately alongside some rice, scattered with finely chopped spring onions.

## BLUEBERRY CHEESECAKE

*Time: 35 minutes (+ 4 hours refrigeration) Servings: 6-8*

### INGREDIENTS

225g digestive biscuits  
30g butter, melted  
450g cream cheese, at room temperature  
100g sugar  
65ml sour cream  
1 tbsp lemon juice  
2 tsp lemon zest  
1 tsp vanilla extract  
2 large eggs  
300g blueberries

### INSTRUCTIONS

1. Crush the biscuits to resemble fine crumbs, then add the butter and mix until well combined. Press the biscuit mixture firmly into the base and halfway up the sides of a greased 7in spring form pan, then place in the freezer until ready to use.
2. In a large mixing bowl, beat together the cream cheese and sugar until smooth, then add the sour cream, lemon juice, lemon zest, and vanilla until combined. Then add in the eggs one at a time, mixing until just combined.
3. Pour the cream cheese mixture into the springform pan and level out the top.
4. Add 250ml water to the inner pot and place the trivet in the bottom. Carefully lower the cake pan into the inner pot, and secure the lid.
5. Select Pressure Cook and set the time for 25minutes, and press Start.
6. When the cooking program has finished, let the pressure release naturally for 10 minutes, then quick release the remaining pressure and remove the lid.
7. Remove the cheesecake and place onto a wire rack to cool. Gently blot the top of the cheesecake with a paper towel, if there is any water, then leave to cool before refrigerating for at least 4 hours or overnight before serving.
8. When ready to serve, place half the blueberries in a bowl and mash to create a 'coulis like' consistency, then spread on top of the cheesecake, before topping with the whole blueberries.



## BISCOFF MOLTEN LAVA CAKES

*Time: 20 minutes Servings: 4*

### INGREDIENTS

110g butter cut into cubes, plus more for ramekins,  
200g chocolate chips  
100g sugar, plus more for topping  
2 large eggs, plus 2 egg yolks  
1 tsp vanilla extract  
65g unsweetened cocoa powder  
65g plain flour  
1/2 tsp salt  
4 tbsp biscoff spread, divided  
250ml water

### INSTRUCTIONS

1. Grease four ramekins with butter.
2. In a microwave-safe bowl, combine butter and chocolate chips and heat in 30-second intervals until melted.
3. Add sugar, eggs, egg yolks, and vanilla and whisk until smooth, then add the cocoa powder, flour, and salt and whisk until just combined.
4. Fill the ramekins halfway with batter, then top each with 1 heaped tablespoon of biscoff spread.
5. Top each ramekin with the remaining batter, and cover tightly with foil.
6. Place trivet inside the inner pot, and pour in the water. Arrange the ramekins in a pyramid formation with three on the trivet and the fourth stacked in the centre on top.
7. Secure the lid and select Pressure Cook and set the time for 20 minutes. Press Start.
8. When the cooking program has finished, perform a quick pressure release and open the lid.
9. Carefully remove the ramekins from the Instant Pot, uncover them and run a knife around the edges. Invert each ramekin onto a plate, then dust with additional sugar before serving.



## CRÈME BRÛLÉE

*Time: 100 minutes (+ refrigeration time) Servings: 2*

### INGREDIENTS

For the Crème Brûlée :

450ml double cream

1 vanilla bean

1 cinnamon stick

4 egg yolks

Pinch of salt

60g sugar

To assemble:

Sugar

Fresh mint leaves

### INSTRUCTIONS

1. Pour the double cream into a saucepan. Split the vanilla bean, scrape out the seeds and add the seeds and the bean to the cream with the cinnamon stick. Bring to a simmer, stirring frequently, then turn off the heat and leave to infuse for 10 minutes before straining.

2. Whisk together the egg yolks in another bowl, then slowly whisk in the salt and sugar. The mixture should turn glossy and thicken slightly. Then slowly whisk in the infused cream.

3. Place an upside-down strainer or bowl in your inner pot, then top with a baking sheet or plate. Set the ramekins on the baking sheet and fill the water bath two-thirds of the way up the ramekins.

4. Secure the lid and select Sous Vide. Adjust the time to 75 minutes and the temperature to 87°C. Press Start and allow the water to come to temperature.

5. Once the water in the Instant Pot has reached temperature, remove the lid and evenly divide the mixture among the ramekins. Cover each ramekin with cling film, using a rubber band to hold it in place. Secure the lid and cook for 75 minutes.

6. Once the cooking program has finished, remove the ramekins from the water bath and let the crème brûlée cool for 15 minutes. Place in the refrigerator and chill until firm, or preferably overnight.

7. To assemble: Spread a thin layer of sugar on the top of each crème brûlée. Quickly torch until the sugar melts and begins to brown. Add a few mint leaves to serve.



Make mealtimes  
amazing