

**Instant**  
Discover Amazing™

*Instant Pot Recipes*

**UNDER  
30 MINS**

**Cooking with Instant Pot means you can get finished dishes even quicker than ever!**

Pressure Cook in a fraction of the time it would normally take in an oven, or on the hob, and get delicious, results everytime with the consistency of Instant Pot.

Please note: Cooking time = Timeset on Instant Pot from start to finish including set pressure release time if applicable. Does not include any preparation time or preheating time, or untimed natural pressure release.

*A tasty selection of recipes that can be ready in less than 30 minutes!*



## *Discover Amazing*

**TURKEY MEATBALLS**

**THAI GREEN TOFU CURRY**

**SPAGHETTI ALLA VODKA**

**WHITE LASAGNE SOUP**

**CHINESE TAKEAWAY CHICKEN STIR FRY**

**CHILLI 'SIN' CARNE**

**SIMPLE STICKY SAUSAGES**

**ORANGE CHICKEN**

## TURKEY MEATBALLS

*Cook time: 15 minutes Servings: 3-4*

### INGREDIENTS

60g Sage & Onion Stuffing Mix

80g boiling water

1 large Cauliflower

1 onion, thinly diced

2 cloves garlic, crushed

400g Turkey Mince

Handful of fresh parsley

Salt, pepper and oil, as needed

150ml Crème Fraiche

2 tsp Dijon mustard

Green veg, for serving

### INSTRUCTIONS

1. Place the stuffing mix into a small bowl, then pour over the boiling water & set aside for 1-2 minutes.
2. Break the cauliflower into bite sized florets. Add the trivet to the inner pot along with 250ml water, then place the cauliflower on top of the trivet. Secure the lid and select Pressure Cook, setting the time for 1 minute. When the cooking program finishes, perform a quick pressure release and put the cauliflower to one side.
3. Empty the inner pot of any remaining water and remove the trivet, then select Sauté.
4. When the display indicates hot, add a little bit of oil then the onion and garlic and cook until soft and lightly golden brown. Remove from the pot and set aside.
5. In a bowl, combine the turkey mince with the stuffing, some parsley, salt and half the sautéed onion and garlic mix, then form into 12 balls (about 35g each, or the size of a golf ball).
6. Add a little more oil to the inner pot, and still using the sauté setting, fry the meatballs until golden but still uncooked in the middle (about 3mins) . Add the remaining onions and garlic back into the pot, along with 300ml water and secure the lid.
7. Select Pressure Cook and set the time for 4 minutes. When the cooking program finished, allow the pressure to release naturally for 3 minutes then quick release the remaining pressure.
8. Open the lid, and remove the meatballs and set to one side.
9. Add 100ml crème fraiche to the inner pot, along with the Dijon mustard and salt and pepper to taste to create your sauce.
10. Using a stick blender, blend the cauliflower into a fine puree with the remaining 50ml of crème fraiche.
11. Serve the meatballs on top of the pureed cauliflower with your choice of green veg, and the creamy Dijon sauce.



## THAI GREEN TOFU CURRY

*Cooktime: 24 minutes Servings: 3-4*

### INGREDIENTS

Oil, as needed  
400g firm tofu not silken, cubed 1 inch/  
2.5 cm  
1 onion, chopped  
3 garlic cloves, crushed  
2.5cm ginger, peeled and grated  
1 handful fresh coriander stalks  
3 tbsp green curry paste  
2 x 400ml cans coconut milk  
2 green chillies, halved lengthways  
3 tbsp soy sauce  
Zest of 1 lime  
4 small potatoes, unpeeled, quartered  
2 medium carrots, peeled and sliced  
1 handful green beans, trimmed  
1 green pepper, sliced  
1 ½ tbsp cornflour  
1 ½ tbsp cold water  
2 handfuls of spinach  
Handful of fresh coriander leaves

### INSTRUCTIONS

1. Cut the tofu into 1 inch peices (use paper towel to absorb any excess moisture).
2. Select Sauté and add some olive oil and the tofu chunks to the inner pot. Sauté gently turning for 5 minutes until golden on all sides, then remove and set aside.
3. Add some more oil along with the onion, garlic, ginger and fresh coriander stalks. Cook for 2 minutes, stirring regularly.
4. Add the green curry paste, cooking for another minute and stirring regularly.
5. Add coconut milk, green chillies, soy sauce, lime, potatoes and carrots, then stir and deglaze the base of the pot.
6. Secure the lid, select Pressure Cook and set the time for 10 minutes.
7. When the cooking program finsihes, perform a quick pressure release and remove the lid. .
8. Press sauté as above, add the green beans and cook for 4 minutes. Then add the green pepper and cook for another 3 minutes, stirring occasionally.
9. Meanwhile, in a small bowl, mix the cornflour with the cold water, stirring to thicken, then add to the pot.
10. Finally, stir in the tofu, spinach and fresh coriander leaves and warm all through before serving.



## SPAGHETTI ALLA VODKA

*Cooktime: 14 minutes Servings: 3-4*

### INGREDIENTS

2 tbsp butter  
3 garlic cloves, sliced  
2 tbsp tomato paste  
400g chopped tomatoes  
75ml vodka  
240g uncooked spaghetti  
½ tsp red chilli flakes  
600ml water  
Salt, pepper and oil as needed  
120ml double cream  
110g Pecorino Romano cheese, grated  
Handful of fresh basil leaves, torn into small pieces

### INSTRUCTIONS

1. Select Sauté and add the butter to the inner pot.. Once melted, add the garlic and cook until fragrant
2. Add the tomato paste and cook, stirring frequently, until it begins to brown (about 1 minute.)
3. Add the chopped tomatoes and vodka and simmer for about a minute to boil off some of the alcohol.
4. Place the spaghetti (you may need to snap in half), red chilli flakes and water in with the vodka tomato sauce, plus the salt and pepper, then use a wooden spoon to deglaze the base of the inner pot.
5. Secure the lid and select the Pressure Cook and adjust to Low pressure. Set the time for 6 minutes.
6. When the cooking program finishes, quick release the pressure and remove the lid.
7. Add the cream and stir to combine. Let the pasta stand in the pot, uncovered, for 5 minutes, stirring occasionally, to allow the sauce to thicken.
8. Stir the cheese and basil into the pasta and season with more salt and pepper before serving.



## WHITE LASAGNE SOUP

*Cook time: 29 minutes Servings: 3-4*

### INGREDIENTS

Oil, as needed  
1 onion, finely chopped  
15g porcini mushrooms  
500g turkey thigh mince  
2 garlic cloves  
120ml white wine  
2L chicken stock  
5 lasagne sheets  
1 tsp chilli flakes, optional  
1 tbsp picked thyme leaves  
150ml double cream  
60g Parmesan  
1 ball Mozzarella  
60g pesto to serve, optional

### INSTRUCTIONS

1. Select Sauté and add some oil to the inner pot with the onion. Cook until the onion is soft and beginning to colour.
2. While the onion cooks, pour 200ml of boiling water over the porcini and set aside.
3. Add the turkey mince to the inner pot, and brown the mince all over. If liquid accumulates while the mince is cooking, lift out the inner pot, tip out the liquid and continue browning the mince.
4. Once brown, add the garlic and cook for 1 more minute
5. Add the white wine and continue sautéing for a further 2-3 minutes, until the alcohol has cooked off, then add the stock and porcinis in their liquid into the pot.
6. Deglaze the base of the inner pot and secure the lid. Select Pressure Cook and set the time to 20 minutes.
7. When the cooking program finishes, perform a quick pressure release and remove the lid.
8. Roughly break 5 lasagne sheets into the pot, then add the thyme and chilli flakes.
9. Secure the lid again, select Pressure Cook and set the time for 1 minute.
10. When the cooking program finishes, perform a quick pressure release.
11. Test the pasta sheets - they should be just al dente at this point- then stir in the cream, and parmesan, and season to taste with salt and pepper.
12. Select Sauté and warm the soup through before serving ladling into bowls.
13. Tear and divide the mozzarella between the bowls and top with pesto. Garnish with more chilli flakes if desired. Serve immediately.



## CHINESE FAKEAWAY CHICKEN STIR FRY

*Time: 15 minutes Servings: 2*

### INGREDIENTS

2 chicken breasts

Chicken spice mix: 2 tsp Chinese five spice 1 tsp paprika, 2 tsp black pepper, 1 tsp of garlic salt, 1 tsp chilli flakes

Oil, as needed

2 tsp of crushed garlic

2 Pak choy, sliced

2 tbsp soy sauce

3-4 egg noodle nests

200g bean sprouts

Chopped chives

### INSTRUCTIONS

1. Coat the chicken in the spice mixture.
2. Add 500ml of water to the inner pot and place the trivet inside with the chicken breasts on top.
3. Select Pressure Cook and set the time for 9 minutes.
4. When the cooking program has finished, perform a quick pressure release, and remove the chicken from the pot. Slice, and set aside for later.
5. Discard any leftover water in the inner pot and select Saute.
6. Add some oil and garlic to the inner pot and once lightly browned, add the pak choy and leave to cook for 2-3 minutes, stirring occasionally.
7. Pour 60ml of water to the inner pot, plus the soy sauce and some extra of the chinese spice mix. Then add the noodle nests.
8. Allow the noodles to soften and absorb the water, then add the bean sprouts, chives and sliced chicken and continue to cook until the noodles are soft and the chicken is warm.
9. Plate up and serve with extra soy sauce



## CHILLI 'SIN' CARNE

*Cooktime: 15 minutes Servings: 4*

### INGREDIENTS

*Onion pickle:*

1 red onion, thinly sliced

1 lime, juiced

Salt

*Chilli:*

400g tin chopped tomatoes

1 onion, finely diced

3 cloves garlic, finely grated

2 tbsp chipotle paste

1 tbsp taco seasoning

250g brown lentils

1 large sweet potato peeled and diced into rough 2cm cubes

900ml hot vegetable stock

220g rice

2 tins black or kidney beans, drained and rinsed

Salt and pepper, to taste

Optional For Serving: Sour Cream, Coriander, Nachos, Cheese

### INSTRUCTIONS

1. Start by making your pickle and combining the red onion with the lime juice and a pinch of salt. Toss everything together so that the lime coats the onion and set aside to pickle.

2. Next make the chilli. Layer the tinned tomatoes, onion, garlic, chipotle paste, taco seasoning, lentils, sweet potato and vegetable stock into the inner pot. Do not stir.

3. Place a long legged trivet into the instant pot. Add the rice and 250ml water into a suitable bowl (we recommend stainless steel), and place on top of the trivet.

4. Secure the lid, and select Pressure Cook. Set the time to 5 minutes.

When the cooking program has finished, allow the pressure to release naturally for 8 minutes, then quick release any remaining pressure.

5. Open the lid, and take the rice out, fluffing up with a fork.

6. Remove the trivet, then pour the rinsed and drained beans into the chilli, and give everything a good stir with the inner pot on Keep Warm. Season the chilli to taste with salt and pepper

7. Plate up the chilli, on top of the rice and garnish with pickled red onions. Serve with your additional toppings of choice.



## SIMPLE STICKY SAUSAGES

*Time: 25 minutes Servings: 4*

### INGREDIENTS

200g sausages  
2 red onions, thinly sliced  
180ml water  
1 tsp thyme leaves, picked  
60g brown sugar  
100ml apple cider vinegar  
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. Select Sauté, and add some oil and the sausages to the inner pot. Cook on both sides until golden brown. Remove the sausages and set aside until needed.
2. Add the onions to the pot with a little water to deglaze the base of the inner pot, then sauté the onions until softened. Season with salt, then add 180ml water plus the picked thyme.
3. Place the sausages on top of the onion mixture and secure the lid.
4. Select Pressure Cook and set the time to 1 minute. When the cooking program finishes, perform a quick pressure release, and remove the sausages and keep them warm until needed.
5. Select Sauté again and add the sugar and vinegar and reduce until sticky and saucy. Season to taste with salt and pepper, then remove from the pot and set aside.
6. To make the mash, add the peeled potatoes to the inner pot, and pour over just enough boiling water to cover them and add a generous pinch of salt. Deglaze the base of the pot again before securing the lid.
7. Select Pressure Cook and set the time to 12 minutes.
8. When the cooking program has finished, perform a quick pressure release and drain the potatoes, then mash with the butter and cream/milk.
9. Finely grate the garlic onto the mash and stir through with the fresh thyme and season to taste with salt and pepper.
10. Warm your sausages and chutney, then plate up the creamy mash and sausages, before spooning over the sticky onion chutney.



## ORANGE CHICKEN

*Time: 10 minutes Servings: 6*

### 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 mixed  
2-3 tbsp Soy sauce  
For Serving: Rice and finely chopped spring onions

### INSTRUCTIONS

1. Select Sauté and add some oil and the chicken thighs.
2. Sauté until 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 beginning 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 + from the fresh oranges) and bring the mixture to a boil, then deglaze the pot again.
6. Add the chicken back into the inner pot, secure the lid and select Pressure Cook and set the time for 1 minute.
7. When the cooking program finishes, perform a quick pressure release, and remove the lid.
8. Select Sauté again and add the cornflour and water mix, stirring to thicken the sauce.
9. Serve immediately alongside some rice, scattered with spring onions.





Make mealtimes  
amazing