



A Nutrition Resource

Thai Chicken Thighs

Pressure Cooker Recipe

Yield: 8 Servings

Ingredients:

- 1 tablespoon canola oil
- 2 pounds boneless skinless chicken thighs, about 8
- 2/3 cup chicken broth
- 1/4 cup peanut butter
- 1/4 cup soy sauce
- 2 tablespoons lime juice
- 2 tablespoons honey
- 1/8 teaspoon red pepper flakes
- 1 teaspoon ground ginger
- 1 teaspoon ground garlic
- salt and pepper to taste

Optional Toppings:

- 1/4 cup chopped peanuts
- 1/4 cup diced cilantro

Nutrition Facts

Amount per		
1 serving (5.8 oz)		163 g
Calories 199	From Fat 56	
% Daily Value*		
Total Fat 6.3g		10%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 83mg		28%
Sodium 687mg		29%
Total Carbohydrates 7g		2%
Dietary Fiber 0g		1%
Sugars 6g		
Protein 27g		54%
Vitamin A 1%	Vitamin C 5%	
Calcium 1%	Iron 4%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Directions:

- 1) Wash hands and clean surfaces.
- 2) Separate meats from produce and other ready to eat food items.
- 3) Add oil to pressure cooker.
- 4) Set sauté setting to high.
- 5) Brown the chicken thighs in batches in the oil, about 3-4 minutes per side.
- 6) Remove thighs from pressure cooker and set aside.
- 7) Add the chicken broth, scraping up the browned bits.
- 8) Add remaining ingredients and stir until thoroughly combined.
- 9) Add the browned thighs to the pressure cooker, turning them to ensure they are covered in sauce.
- 10) Lock on the lid and turn venting knob to seal.
- 11) Set pressure cooker to high for 10 minutes.
- 12) After cooking timer completes, manually (quick) release pressure.
- 13) Open lid carefully.
- 14) Transfer chicken to a platter and add peanuts and cilantro as topping if desired.

TIPS:

- While some cooking strategies can dry out skinless chicken, pressure cooking helps to reduce moisture loss in cooking. Chicken thighs can be a lower cost option, but could be swapped out for boneless, skinless chicken breast as well.
- Cook once and eat multiple times. By separating into smaller portions and freezing, you can spread out your protein in multiple meals. This chicken might pair well with a cooked grain, in a lettuce wrap, or next to a papaya salad.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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