

Instant Pot Chicken Congee

MEDIUM PORTION SIZE

INGREDIENTS

- 100 grams shredded Chicken, cooked
- 1 teaspoon Soy sauce
- 10 grams chopped Peanuts
- 2 tablespoons sliced Spring onions
- 1/2 cloves sliced Garlic
- 1 teaspoon sliced Ginger, fresh
- 2 teaspoons Chicken stock, dried
- 80 grams Rice, white

METHOD

1. Rinse the rice in cold water.
2. Add the rice, ginger, garlic and the whites of the spring onions to your InstantPot. Keep the green spring onions tops to serve.
3. Add the stock powder and required amount of water (190ml for every 20 g of rice).
4. Place the lid on, lock and set the valve to "Sealing".
5. Cook on HIGH for 20 minutes or use the "PORRIDGE" setting.
6. Let the pressure naturally release (it will take 30 or more minutes).
7. Meanwhile prep your toppings (chicken, peanuts and spring onions).
8. Adjust the consistency of the congee by simmering to thicken or adding any more stock to loosen. Season with soy sauce and add your toppings when ready to serve.
9. Enjoy!



ADDITIONAL INFO

A perfect combination of flavor, protein and carbohydrate to nourish a tired body. This recipe is best multiplied out to cook in bulk. Every 20 g of rice requires 3/4 cup (190 ml) of water/stock if cooked in an InstantPot or rice cooker.