

QUICKEN CHICKEN

Time: 60 minutes

Serves: 6

Ingredients:

1.5kg (approximately) whole chicken
8g salt
3g garlic powder
2g dried oregano
2g dried basil

Preparation:

Place one cup of water in your pressure cooker.

Remove the skin from the chicken and discard or reserve for stock.

Evenly sprinkle the remaining ingredients over the entire outside of the chicken.

Place the chicken in a small pan on a trivet or in a steamer basket in the pressure cooker.

Seal the cooker and cook the chicken for 30 minutes, counting time once pressure is reached.

Remove the cooker from heat and safely vent the pressure.

Serve immediately.

Nutritional Information Per Serving (150g breast meat):

Calories: 147	Hand-Size Portion Guide
Fat: 1g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 35g	Thumbs of fat: 0