

INSTANT POT RECIPE

Five Spice Sticky Drumsticks



Preparation **30 minutes**

Cooking **23 minutes**

Serves **6 people**

155 calories

Ingredients

- 1 tablespoon canola oil
- 8 chicken legs
- $\frac{2}{3}$ cup (160ml) hoisin sauce
- $\frac{1}{2}$ cup (125ml) orange juice
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1 $\frac{1}{2}$ teaspoon Chinese 5 spice
- 2 tablespoons soy sauce
- 2 tablespoons tomato sauce/ketchup
- 4 cloves garlic crushed
- Pinch of dried chili flakes
- 1 tablespoon brown sugar

Method

1. Heat the canola oil in the pressure cooker on sautee high when it is up to temperature add the chicken
2. Let the chicken brown for a 2-3 minutes on one side before turning to the next side. Turn Off Instant Pot
3. Add the remaining ingredients stirring gently to mix and dissolve them. With tongs move the chicken to make sure that it is coated well with the sauce. Also, try to get the chicken meat resting in the sauce as much as you can.

4. Put on the lid and cook for 23 minutes at high pressure.
5. After the cooking use the pressure relief button to release the pressure.
6. Remove the chicken from the instant pot bowl and onto a plate.
7. Set the instant pot to sautee again and boil the sauce to reduce by about half or until thicker so it can be poured over the chicken when it comes to the serving.
8. Place the chicken on your plate and drizzle the sauce over the chicken and plate it up with a side dish of your choice.

Tips

This dish can be served with rice, mashed potato, or really any side dish you choose.