Ashley's Meal Prep Monday! Chicken Fried Rice - Instant Pot

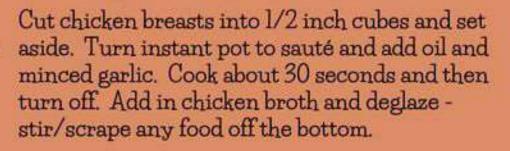
INGREDIENTS

2 pounds boneless skinless chicken breasts
2 cups frozen peas and carrots
1 1/2 cups rice, rinsed really well
1 1/4 cups chicken broth
1/2 TBSP avocado oil
1/2 TBSP minced garlic
2 eggs

1/3 cup liquid egg whites 4 TBSP coconut aminos

1 TBSP sesame seed oil

salt/pepper sesame seeds for garnish



Layer chicken, then frozen veggies, and rice. Give the pot a good shake so the food is spread evenly. Rice won't be completely submerged, but should be close. Lock on the lid and set to manual pressure high for 3 minutes.

Scramble eggs and egg whites. Let the pot naturally release for at least 10 minutes before releasing all remaining pressure. Stir in eggs, coconut aminos, sesame oil and salt/pepper. Plate and top with a pinch of toasted sesame seeds.

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Recipe: stayfitmom.com V MARKET