

Tips for cooking boneless, skinless chicken breasts in the Instant Pot

1. If you are cooking more than one chicken breast choose ones that are **similar size and thickness**. If you cook a large chicken breast with a small chicken breast one will be overdone and one will be underdone. Cook chicken breasts of similar size to get consistent results every time.
2. **For FROZEN chicken:** Weigh your chicken breasts. Let's say your chicken breast weighs 12 ounces. You'll use a pressure cooking time of 12 minutes. If you're cooking more than one chicken breast and the average weight of the breasts is 12 ounces you'll still only cook it for 12 minutes. The one minute per ounce rule is for sliceable chicken. If you want shreddable chicken then add 3 minutes to the total cooking time. So in the example I just used you would cook the chicken for 15 minutes for shreddable chicken.
3. **For FRESH chicken:** use the formula in step 3 but subtract 2-3 minutes of cooking time (so it would be 10 minutes for sliceable chicken and 13 minutes for shreddable chicken).
4. Use a **5 minute natural pressure release** for frozen or fresh chicken. This means when the time is up you let the pot sit there for 5 minutes (display will say L0:05) and then move the valve to venting.
5. Use 1 cup of broth or water in the bottom of your Instant Pot. Use a trivet, if possible. Lay the chicken on top of the trivet. For **even cooking** stack your chicken breasts on top of each other crossways. Or if possible lay the chicken in one even layer on the trivet. If you don't have a trivet you can lay your chicken directly in the bottom of the pot with the liquid.
6. **Lots of liquid releases** from chicken. For frozen chicken you'll get about 1 cup of liquid per pound of chicken.
7. To quickly **defrost a chicken breast** pour 1 cup of water in the bottom of the pot. Lay the trivet in the pot and place the chicken breast(s) on top of the trivet. Set the pressure cooking time for 1 minute. Use a quick release once the time is up. The chicken will be a little cooked on the outside but uncooked on the inside. You'll be able to slice up the chicken into cubes and use in recipes such as [Tuscan Chicken Pasta](#) or [Chicken Parm Soup](#).

	Pressure Cooking Time Sliceable Chicken	Pressure Cooking Time Shreddable chicken
Frozen Chicken Breasts	1 minute per ounce (of the average chicken breast)	1 minute per ounce (of the average chicken breast) + 3 minutes extra to the total cooking time
Fresh Chicken Breasts	1 minute per ounce (of the average chicken breast) and then subtract 2-3 minutes of the total cooking time	1 minute per ounce of the average chicken breast
Lay chicken evenly on a trivet. Pour 1 cup of water in the bottom of the pot.		
For best results use chicken breasts on similar weight and thickness. Use a 5 minute natural pressure release for frozen or fresh chicken.		