



INDIAN DAL CHICKEN

• INSTANT POT RECIPE •

1 Tbsp. olive oil

1 ½ cups onion, diced

1 Tbsp. **Oh! So Garlic**

2 lbs. (0.907 kg) boneless, skinless chicken thighs

1 red chili pepper, chopped

1 pkg. **Taste of India Spice Blend**

½ tsp. salt

2 Tbsp. tomato paste

½ cup chicken broth

1 can (400 ml) coconut milk

2 cups fresh spinach (optional)

Heat oil in the Instant Pot on sauté function (medium) and cook onion and **Oh! So Garlic** for 2 minutes. Place the chicken thighs on top of the onion mixture. Add the chili pepper, sprinkle the **Taste of India Spice Blend** over the top, add the salt and tomato paste; stir in the chicken broth & coconut milk. Secure the Instant Pot lid and pressure valve to Sealing. Press the Manual button and adjust the cook time to 12 minutes. Turn the dial to Venting and use Quick Pressure Release. Remove the lid and stir in the spinach until wilted.

Serve with optional sides (steamed brown Basmati rice).

- **Oh! So Garlic**
- **Taste of India Spice Blend**