



Pressure-cooker chicken and potatoes

25'
Hands on

20'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

- Place the pressure cooker over high heat.
- Remove the backbone of the chicken and keep the rest intact. Add olive oil, salt, pepper, the garlic, the onion, the paprika, and cover its whole surface.
- Transfer to the pressure cooker and sauté for 2 minutes on each side until golden.
- Remove and set aside.
- Place the pressure cooker on heat again, and add the potatoes [cut](#) into large pieces.
- Deglaze with the lemon juice and add the oregano, the chicken, salt, pepper, and seal with the lid.
- Turn the safety valve to the proper pressure indicator and simmer at medium-low heat for 20 minutes.
- Depressurize the pressure cooker and remove the chicken.
- Press the potatoes with a fork or a potato masher, while they are still hot, until they become a puree.
- Serve with pepper, olive oil, and oregano.

Ingredients

- 1 1/2 kilo chicken
- 2 tablespoon(s) olive oil
- salt
- pepper
- 1 teaspoon(s) garlic, ground
- 1 teaspoon(s) onion, ground
- 1 tablespoon(s) paprika
- 1 kilo potatoes
- lemon juice, of 2 lemons
- 1 teaspoon(s) oregano

To serve

- pepper
- olive oil
- oregano

Διατροφικός πίνακας

Nutrition information per portion

254 Calories (kcal)	6.6 Total Fat (g)	1.2 Saturated Fat (g)	18.0 Total Carbs (g)
13%	9%	6%	7%
1.1 Sugars (g)	29.0 Protein (g)	2.4 Fibre (g)	1.2 Sodium (g)
1%	58%	10%	20%