

Cate & Co. Kitchen

REAL FOOD | WHOLESOME LIVING

JUNE WHOLE 30 | RECIPES | WEEK ONE

BUFFALO RANCH CHICKEN

Ingredients:

2 LB CHICKEN BREAST
1 C FRANKS RED HOT SAUCE
1/3 C GHEE
1 1/2 TSP GARLIC POWDER
1/2 TSP SALT
COMPLIANT RANCH DRESSING

Directions:

1. ADD ALL INGREDIENTS TO INSTANT POT AND PRESSURE COOK ON HIGH FOR 18 MINUTES (MORE IF FROZEN)
2. ALLOW TO NATURALLY RELEASE FOR 5-10 MINUTES BEFORE MANUALLY RELEASING
3. SHRED CHICKEN AND SERVE INSIDE BAKED SWEET POTATO OR ATOP GREENS AND TOP WITH COMPLIANT DRESSING.

