

Instant Pot Whole Honey Lemon Pepper Chicken

- 1 four-five pound whole chicken
- 1 lemon, zest and juice
- 3 sprigs of thyme
- 3 sprigs of rosemary
- 1/3 cup raw local honey
- ¼ cup + 1 tablespoon melted coconut oil
- 2 heads of garlic
- Salt and pepper
- 1 tsp garlic powder
- 1 cup of chicken broth



Let's Get To It!

1. Turn your instant pot to the sauté setting and add 1 tablespoon of coconut oil. Allow it to melt and get warm
2. Season the chicken liberally with salt and pepper on both sides
3. Add the chicken into the instant pot breast side down and brown the skin until nice and crispy- about 5 to 7 minutes
4. While the chicken skin is crisping, mix together the honey, melted coconut oil, garlic powder, salt, pepper, and lemon zest- set aside
5. Once it's browned, removed from the instant pot
6. Add the cup of chicken broth to the bottom of the pan, as well as the rack that came with it
7. Return the chicken to the Instant Pot with the breast side now up
8. Squeeze the lemons over the chicken and drop them into the pot.
9. Add the rosemary, thyme, and heads of garlic, and pour the honey mixture over the chicken
10. Turn the pot to the meat setting, put the lid on and lock ensuring the top is in the sealing position.
11. Set the pot for 20 minutes and let it work its magic. Allow the chicken to naturally release the pressure for at least 15 minutes until the level is down.