



# INSTANT POT EATS

## 20 FAN FAVOURITES



# WELCOME

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Whether you're new to Instant Pot Eats or you've been following our blog for a while now, we're super happy you've decided to download this recipe book.

Our team has been running the Instant Pot Eats blog for over two years with a goal of helping our readers to make the most out of their Instant Pot pressure cooker. We've shared many recipes, tips and ideas and have built an amazing community along the way.

We decided to put this PDF recipe book together as an introduction to our most popular, highly-rated Instant Pot recipes. It's a great variety of dishes including hearty stews, soups, risotto and even desserts. You will find recipes that are gluten-free and vegan-friendly as well as regular, family-friendly options.

All ingredients should be easily accessible and we have provided some basic alternatives and cooking notes. Feel free to replace bits and pieces if you need to.

We hope you enjoy cooking your way through our most popular recipes. You can find many more on our blog!

We'd love to see what you're cooking up from the meal plan. Share your meal pics on [Instagram](#) (tag [@instantpoteats](#) and use the hashtag [#instantpoteats](#)), or share on our [Facebook page](#), or your own and tag us, so we can find you.

If you have any questions about the recipes, please email us at [team@instantpoteats.com](mailto:team@instantpoteats.com) or message us on [Facebook](#) or [Instagram](#).

## FEATURED RECIPES

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GF - gluten-free, DF - dairy-free, V - vegetarian, VF - vegan-friendly,

P - paleo, W30 - Whole30, K - keto





# TURKISH YELLOW SPLIT PEA SOUP

TOTAL TIME: 40 MINUTES (INCL. PRESSURIZING) SERVES: 4 VEGAN | GLUTEN-FREE

This gorgeous split pea stew (or a thick soup) is adapted from a classic Turkish lentil soup, also known as Mercimek Çorbası. It's simple, rich and nutritious and is full of warm, aromatic spices and flavours that will get you asking for seconds. It's freezer-friendly and will keep in the fridge for 3-4 days.

- 1½ tbsps olive oil
- 1 medium white onion, diced
- 1 medium carrot, diced into small cubes
- 1 celery stick, diced into cubes
- 4-5 cloves garlic, diced finely
- 1 bay leaf
- 1 tsp paprika powder
- 1½ tsps cumin powder
- ½ tsp salt
- ¼ tsp cinnamon powder
- ¼ tsp chili powder / cayenne pepper
- 2 cups split yellow peas (rinsed well)
- ½ cup chopped tinned tomatoes
- Juice of ½ lemon
- 1.75 L vegetable stock ( we used 7 x 250 ml cups + 3 vegetable stock cubes)
- To serve: chopped chives or cilantro, extra lemon and yoghurt (optional)

**Split peas:** Yellow or green split peas, can be used for this recipe. You can pre-soak the split peas for 3-4 hours in warm salted water, which helps to make the legumes easier to digest. For this recipe, we simply rinsed the split peas under cold water.

**Stock:** You can use water and vegetable stock cubes, ready-made stock or even bone broth. The dish has a stew-like consistency but if you prefer a slightly thinner soup, add a little more stock to the pot.

Turn the Instant Pot on and press the Sauté key (it should say Normal, 30 mins). Add the olive oil, onions, carrots and celery and cook for 4-5 minutes, stirring a few times.

Add the rest of the ingredients and stir. Cancel the Sauté function by pressing the Keep Warm/Cancel button.

Place and lock the lid, making sure the steam releasing handle is pointing to Sealing. Set to Manual, HIGH pressure and adjust to 10 minutes. After 3 beeps the pressure cooker will start the process.

Once the timer goes off, allow the pressure to release naturally for 5 minutes; then, use the quick release method to let off the rest of the steam before opening the lid.

Serve with cilantro or chopped chives and extra lemon on the side. A dollop of full-fat natural yoghurt or coconut yoghurt (or other dairy-free option) for a gorgeous finish.





# INSTANT POT BEEF STROGANOFF

TOTAL TIME: 40 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE

Originating in the 19th century Russia, beef stroganoff is cooked around the world with variations from kitchen to kitchen. It's served over pasta or noodles but is also common with rice and potatoes. We love it over zoodles and cauliflower rice, too. Store in the fridge for 3 days or in the freezer for 2 months.

## Part One

- 1 tablespoon olive oil or butter
- 1 large brown onion, quartered and sliced thinly
- ½ tsp sea salt
- 1.2 lb / 600 g beef rump steak, sliced into thin strips (cut away any hard fat)
- 0.5 lb / 200 g Brown or Swiss button mushrooms (regular white button mushrooms are fine), sliced
- Handful of dried porcini mushrooms (optional)
- 3 cloves garlic, finely diced
- 1 tbsp tomato paste
- 1 tbsp Dijon or other mustard
- 1 bay leaf (optional)
- Generous pinch of black pepper
- 1 cup beef stock

## Part Two

- 1 tbsp tapioca or arrowroot flour (corn or rice flours are also okay)
- 1/3 cup sour cream or crème fraîche
- ½ cup garden fresh peas (if using frozen, defrost in hot water first)
- 2 tbsps chopped flat-leaf parsley
- **Our side dish:** 3 large potatoes, cubed and boiled till tender and a mixed salad

Turn the Instant Pot on and press the Sauté key.

Add the oil, onions and salt and cook for 3 minutes, stirring a few times. Add the beef and stir together for 2 minutes, until the colour of the meat changes.

Add the rest of the ingredients in Part One and stir to combine. Cancel the Sauté function by pressing Keep Warm/Cancel button.

Place and lock the lid, making sure the steam-releasing handle is pointing to Sealing. Set to Manual, HIGH pressure and adjust to 10 minutes. After 3 beeps the Instant Pot will start to build up the pressure and cook. In the meantime, boil the potatoes or another side dish and prepare a salad.

Once the timer goes off, allow the pressure to release naturally for 5 minutes; then, use the quick release method before opening the lid.

Press the Sauté key again. Scoop some of the stew liquid into a small cup and dissolve the tapioca flour (or whichever starch you have) in it. Add back to the stew and stir through, which will thicken the liquid slightly. Add the sour cream or crème fraîche and peas and stir through for a minute.

Finally add the parsley, stir and serve with potatoes, rice or pasta, or over steamed vegetables.

See next page for step-by-step photos and notes.



**Meat:** Tender cuts of beef work best as they require less cooking time. We used rump steak, which is more affordable and very juicy. For a more budget-friendly version, use less meat and more mushrooms, onions, peas and even potatoes or carrots.

**Dairy-free:** Omit the cream or replace with a dairy-free option.

**Thickening the stew:** A cup of stock might not seem enough but the mushrooms will release liquid during cooking. The sour cream will thicken the stew slightly, however, we also dissolved a tablespoon of tapioca flour or arrowroot flour right at the end. If gluten is not an issue, you can also add regular flour to thicken the stew. Corn and rice starch are fine too.









# INSTANT POT CHICKEN & POTATOES

TOTAL TIME: 35 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | DAIRY-FREE\*

Hearty and comforting like a nanna's hug, this meal of stewed Instant Pot chicken and potatoes will become your family's favourite. It also happens to be gluten-free, and can be dairy-free (minus the butter), making it a great all-rounder for those with dietary restrictions.

- 1 large leek (white and pale green parts only), halved, washed and diced
- 1 oz / 28 g of butter (salted or unsalted, ghee or 2 tablespoons of olive oil)
- 2 medium chicken breasts (0.7 lb / 350 g), diced
- 4 skinless chicken thighs (0.5 lb / 300g), diced
- 3-4 large potatoes (about 1.7 lb / 800 g), diced into large cubes (larger than chicken pieces)
- 1 large carrot, sliced
- 3 cloves of garlic, chopped
- 1/2 cup frozen peas (optional)
- 2 bay leaves
- 1 cube of chicken stock (or 400 ml / 1.5 cups broth)
- Zest of 1/2 lemon
- 2 tablespoons lemon juice
- 1 + 1/2 teaspoons salt
- 1/2 teaspoon white or black pepper
- 400 ml (1 + 1/2 cups) water

For a dairy-free version, replace butter with ghee or olive oil.

White potato can be replaced with sweet potato.

Turn the Instant Pot on and press the Sauté function. Add the leeks and butter and cook for 4-5 minutes, until softened.

Add the rest of the ingredients. Reserve half of the peas (if using) for later. Stir everything in the pot, and press the Keep Warm/Cancel button to stop the Sauté process.

Place and lock the lid, making sure the top vent is pointing to Sealing. Set to Manual, HIGH pressure and adjust the time to 10 minutes. After 3 beeps, the Instant Pot will start to build up the pressure and begin the cooking process. The pressure should take about 10 minutes to build, plus 10 minutes of cooking, so about 20 minutes in total.

In the meantime, add the remaining frozen peas to a bowl of boiling hot water to defrost.

Once the timer goes off, allow 5 minutes for the pressure to release naturally; then, use a quick release method (move the top vent knob to Venting, while standing away from the Instant Pot as the steam will shoot up in the air). Open the lid, stir through and serve topped with the remaining defrosted peas and a little extra lemon zest and black pepper for garnish, if you like.

See next page for step-by-step pictures.



**cut up the ingredients**



**sauté the leeks with butter or oil**



**add and stir the rest**



**cook, add peas and serve**





# SWEET POTATO TORTILLA SOUP

TOTAL TIME: 30 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

When it comes to hearty one-pot meals, a warm tortilla soup is always a winning choice. Here we've got an Instant Pot version of a tortilla soup made with sweet potatoes, black beans, and a blend of gorgeous warm spices. We have to warn you: it is damn tasty and you'll be going back for seconds!!!

## For the soup

- 1 large white onion, finely diced
- 2 tbsps olive oil
- 2 tsps salt
- 3-4 large garlic cloves, finely diced
- 1/2 red chili, sliced
- 2 tbsps roughly chopped cilantro (stalks and leaves)
- 2 tsps ground cumin
- 1 tsp ground coriander seeds
- 1 tsp paprika
- 1 lb / 550 g sweet potato, diced into cubes
- 1 can black beans, rinsed
- 2 cups chopped tinned tomatoes
- 3 cups water
- 1 cube vegetable stock cube
- Juice of 1/2 lime

## To serve

- 1 avocado, diced
- A handful of fresh cilantro/coriander, roughly chopped
- A handful of corn tortilla chips, crumbled over the top
- 1/4 cup sour cream (omit for dairy-free)
- 1/4 cup grated cheddar cheese (optional)

Turn the Instant Pot on and press the Sauté key. Add the onions, olive oil and one teaspoon of salt and sauté for 5 minutes, stirring a few times.

Add the rest of the soup ingredients and stir through. Press Keep Warm/Cancel function key to stop the Sauté process.

Place and lock the lid and set the Instant Pot to Manual, HIGH pressure, for 3 minutes. Once the timer is up, allow 5 minutes for release some of the pressure naturally; then, use the quick release method to let off the rest of the steam.

Open the lid and stir in the lime juice. Serve in bowls, topped with diced avocado and crispy corn tortilla chips. Add a dollop of sour cream and a tablespoon of cheddar cheese on top, if you tolerate dairy. See next page for pics.

**Black beans.** We used canned black beans but you can use any other type of legumes for added protein. You're welcome to add diced chicken to the soup if you like, but we only don't think it needs it.

**Dairy-free version.** While this dish is extra hearty with a dollop of sour cream and some grated cheddar, you don't really need them and we promise that you will enjoy the soup as is with some diced avocado and crispy corn tortilla chips crumbled over the top.







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# INSTANT POT ZUPPA TOSCANA

TOTAL TIME: 40 MINUTES (INCL. PRESSURIZING) SERVES: 6

This Instant Pot Zuppa Toscana is the perfect mix of the authentic Italian recipe and the Olive Garden's favourite Tuscan soup recipe. It's hearty, nutritious and full of flavour.

- 2 tbsps olive oil
- 4 oz / 120g of bacon, diced
- 1 large carrot, diced
- 2 celery sticks, diced
- 1 white onion, diced
- 2 large white potatoes, peeled and diced into cubes
- 2 garlic cloves, finely diced
- 2 Italian pork sausages, meat squeezed out into small chunks
- 3-4 large kale leaves, stems removed and leaves roughly chopped
- 3 cups soaked white beans such as Cannellini
- 1 tsp mixed Italian herbs or dried rosemary
- 2 cups tomato passata or tinned chopped tomatoes
- 4 cups / 1 litre water
- 2 tsps salt
- 1/4 tsp black pepper
- 1/4 tsp chilli powder or flakes

## To finish off

- 1/2 cup heavy cream
- 2 tbsps lemon juice
- **To serve:** toasted Italian bread or sourdough broken into pieces

Prepare the ingredients before you start cooking.

Turn the Instant Pot on and press the Sauté function key. Add the oil, bacon, carrots, celery and onion to the pot and sauté for 3-4 minutes, until softened.

Add the rest of the ingredients, except for the cream, and stir through. Press the Keep Warm/Cancel button.

Place and lock the lid and set the Instant Pot to Manual, HIGH pressure and adjust the time to 12 minutes. After 3 beeps, the Instant Pot will start building up the pressure and cooking will commence.

Once the timer goes off, allow the Instant Pot to release the pressure naturally for 10 minutes. Then, use the quick release method to let off the rest of the steam (carefully move the sealing valve on the top to Venting). Don't open the lid until the silver pressure button on the lid has popped back down and the Instant Pot is easy to open.

To finish the soup, stir in the heavy cream and lemon juice and check for salt. Serve in bowls topped with pieces of toasted or crusty Italian bread or sourdough.

See the next page for step-by-step pictures.

Make sure to presoak the beans overnight. Canned beans can also be used.

You can make it ahead of time and store in the refrigerator for up to 3 days or freeze it for a couple of months. If freezing the soup, don't add the cream until it's been defrosted and reheated. Add the crusty bread when serving the hot soup.

For a gluten-free version, omit the bread when serving the soup.











# ITALIAN MAC AND CHEESE

TOTAL TIME: 40 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

This mac and cheese recipe has a rustic, Italian flare to it. With the addition of olives, artichokes and sun-dried tomatoes, and a hearty helping of mozzarella, this vegetarian wonder will have you drooling for days. We like to think of it as a more sophisticated, grown-up mac 'n' cheese recipe BUT the kids will love it just as much as the classic. It's hearty, delicious and perfect for those meat-free Mondays.

## Part One

- 500 g / 17 oz elbow pasta
- 2 tbsps butter
- 2 cloves garlic, diced
- 1 cup / 250 ml tomato passata or diced, tinned tomatoes
- 4 cups water (1 L)
- 1 tsp salt
- 1/2 tsp chilli flakes (optional, can be less)

## Part Two

- 10-12 black olives, sliced
- 10 sun-dried tomato halves, sliced (about 1/2 cup)
- 1 cup marinated artichoke hearts, diced roughly
- 1 cup almond milk or regular milk
- 1/4 cup tomato passata
- 1 cup grated cheddar or other strong cheese
- 1/2 cup grated mozzarella cheese
- 1/4 - 1/2 cup grated Parmesan cheese
- 1/4 cup chopped green onions/scallions (about 1-2 onions)
- 4 tbsps of fried shallots like these
- Basil or parsley to garnish with, optional

**Part one.** Combine everything in the inner pot, stir through and pop the lid on top. Lock and set to Manual, HIGH pressure, for 4 minutes. After 3 beeps, the Instant Pot will start the cooking process. Once the timer goes off, allow the pressure to release naturally for 5 minutes and then use the quick release method to let off the rest of the steam. Don't leave the natural release for too long as that will keep cooking the pasta and you risk having a soggy mess!

**Part two.** Add the diced olives, sun-dried tomatoes, artichokes, milk, extra tomato passata and half of the grated cheese to the pasta, and press the Sauté function key. Stir together for a minute or so, until the cheese has melted into the pasta.

Add the rest of the cheese and stir in again for 30 seconds or so. Turn the Instant Pot off and serve the pasta topped with chopped green onions and fried shallots on top. You can add some basil or other herbs as well.







# HEALTHY SLOPPY JOES WITH SWEET POTATOES

TOTAL TIME: 65 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | PALEO-FRIENDLY

Loaded with vegetables and made with grass-fed beef, these Instant Pot sloppy joes are a healthier, more nutrient dense version of your favourite comfort food. Plus, you will yield a large batch of sloppy joes sauce without using too much meat, making it more affordable and more sustainable.

## For the sloppy joes sauce

- 1 tbsp olive oil
- 1 white onion, finely diced
- 1 large carrot, diced into small cubes
- 2 celery sticks, diced into small cubes
- A handful of spinach, chard or another leafy green vegetable, diced small
- 6 mushrooms, diced into small cubes
- 1 1/2 tsps salt
- 3 garlic cloves, minced or diced
- 1 lb / 500 g ground beef
- 1 can chopped tinned tomatoes (400 g)
- 2 tsps tomato paste
- 1 tbsp coconut aminos (or Tamari gluten-free sauce)
- 1 tbsp balsamic vinegar
- 2 tsps coconut sugar (brown sugar can be used)
- 1 onion stock cube (or 1 tbsp onion soup mix)
- 1/2 tsp of black pepper
- Pinch of chilli flakes
- ¼ cup water
- Optional: 1 tsp cornstarch or tapioca/arrowroot starch

## For sweet potatoes

- 2 medium sweet potatoes, cut in halves lengthways
- 2 tsps olive oil
- Salt for seasoning

To make the sweet potatoes, preheat the oven to 200 C / 400 F.

Place the sweet potato onto a baking sheet covered with some parchment paper. Drizzle with olive oil and place in the oven, middle shelf, for 35-40 minutes.

To make the sloppy joes, turn the Instant Pot on and press the Sauté function key. Add the olive oil, onions, carrots, and celery and cook for 4-5 minutes, stirring a few times.

Add the rest of the ingredients and stir through. Press Keep Warm/Cancel button to stop the Sauté process.

Place and lock the lid, and set the Instant Pot to Manual, HIGH pressure, for 10 minutes. Once the timer goes off, allow 10 minutes for natural pressure release and then use quick release method to let the rest of the steam out.

Open the lid, and press the Sauté button again. Cook the sauce for 10 more minutes without the lid, stirring frequently. You can add a teaspoon of tapioca starch, arrowroot or corn starch right at the end, to thicken the sauce even more.

Serve the sauce over baked sweet potatoes, topped with favourite fresh herbs and a lovely green salad.









# ITALIAN BEAN PORK & TOMATO STEW

TOTAL TIME: 45 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | DAIRY-FREE\*

If you love an Italian minestrone or a good Bolognese sauce, you will love this gorgeous, Tuscan Instant Pot stew. It can be made with any ground meat of your choice – pork, turkey, chicken or beef – and is incredibly easy and quick to prepare.

- 2 tbsps of olive oil
- 1 medium brown onion, finely diced
- 2 celery sticks, diced
- 1 large carrot, peeled and diced into cubes
- 2 tsps salt
- 0.5 lb ground pork meat (250-280 g)
- 3.5 oz / 100 g diced smoked bacon (i.e. lardons or speck)
- 3-4 fresh thyme sprigs (or about 1 teaspoon of dried thyme)
- 1/2 red chili, diced (or ½ teaspoon dried chili flakes)
- 3 large cloves of garlic, diced
- 1 lb / 450-500g white potatoes, peeled and diced (3 medium potatoes)
- 2 cups cooked mixed beans of choice (cannellini, navy beans or borlotti beans etc, canned are fine)
- 500 g / 2 + 1/2 cups tinned chopped tomatoes or tinned cherry tomatoes (tomato passata/puree can also be used, we love Mutti brand of canned tomatoes)
- 1 cup water
- 2 bay leaves (optional)
- 1/4 cup chopped fresh parsley
- Juice of 1/2 lemon
- **To serve:** grated Parmesan cheese or other cheese of choice (optional)

Prepare all the ingredients and turn on the Instant Pot. Press the Sauté function key and let the pot to heat up slightly. Add the olive oil, onion, celery and carrot with 1 teaspoon of salt and cook for 5 minutes, stirring a few times.

Add the pork and diced bacon and cook together with the vegetables for about for 2-3 minutes, stirring through and breaking the meat apart with a spatula. Then, add the rest of the ingredients, except for fresh parsley and lemon juice, and stir through. Press Cancel/Keep Warm to stop the Sauté function.

Place and lock the lid, making sure the steam valve is set to Sealing. Set to Manual, HIGH pressure and adjust the time to 6 minutes. After 3 beeps, the Instant Pot will start to build up the pressure, which will take about 5-7 minutes, and the cooking will begin.

Once the timer goes off, allow 10 minutes for natural pressure release; then, use a quick pressure release method by carefully moving the valve to Venting.

To finish the stew, stir in the lemon juice and parsley and serve with grated cheese on the side (if you wish).

See next page for more step-by-step pictures.



**prepare ingredients**



**sauté vegetables**



**sauté meat & add the rest**



**cook and enjoy**





# MOROCCAN LAMB & POTATOES

TOTAL TIME: 55 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | DAIRY-FREE

We're swapping a traditional tagine pot with and an Instant Pot and showing you how to make a fabulous Moroccan lamb stew right in your house. Filled with veggies like potatoes, carrots and peas, this one-pot dish is perfect on its own or you can serve it with a favourite side like rice or couscous.

- 1 medium brown onion, diced
- 1 tbsp olive oil
- 1 tsp salt
- 3 large cloves of garlic, diced
- 1.7 lb / 800 g diced stewing lamb
- 1/2 tsp cinnamon
- 1 tsp dried oregano or thyme
- 1/2 tsp chili flakes
- 1 tsp paprika powder
- 1 tsp mild curry powder
- 1/2 tsp turmeric (optional)
- 1 tsp coriander seed powder
- 2 bay leaves (optional)
- 6 dried apricots
- 1 cup (200 g) tinned diced tomatoes
- 1 cup beef or chicken stock

## For the second part of cooking

- 1 celery stick, diced
- 4 medium potatoes, diced into cubes
- 3 medium carrots, diced into chunks
- 1/2 cup frozen peas
- Zest of 1/2 orange

**Garnishes:** chopped fresh cilantro/coriander and scallions/green onions (both optional)

Turn on the Instant Pot and press the Sauté function key. Add the onions, olive oil, and salt and cook for 3-4 minutes, stirring a few times, until softened.

Add the rest of the ingredients (except for the vegetables used in the second part of cooking) and stir through well. While it might seem like you need more liquid, remember that the meat will release its own juices in the cooking process.

Place and lock the lid, making sure the steam release handle is pointing to Sealing. Set to Manual, HIGH pressure and adjust the time to 20 minutes. After 3 beeps the Instant Pot will begin to build up the pressure and start cooking. Once the cooking finishes, release the pressure naturally for 2-3 minutes before using the quick release to let off the rest of the steam. While the lamb is cooking, you can make a quick couscous or rice dish, or prepare some steamed vegetables on the side.

Add the vegetables and orange zest and stir through. Place and lock the lid again, and set to Manual, High pressure, for 5 minutes. Once the cooking finishes, leave the Instant Pot to release the pressure naturally for 10-12 minutes and then use the quick release method to finish it off.

Serve with a chosen side and fresh cilantro and scallions as a garnish. A little lime juice is also nice on the side.

**Stewing lamb:** Use any cuts of lamb suitable for long, slow cooking such as diced shoulder, neck fillet, shank or breast. Mutton meat (from an older lamb) can also be used but will have a stronger flavour. Diced beef and even pork would also work well in this dish.

**Spices:** Moroccan recipes use a lot of spices, but if you don't have all of them on hand, feel free to buy a pre-mixed Moroccan spice blend and use 2-3 tablespoons instead. For a Whole30 recipe, replace the dried fruit with diced 4-5 fresh apricots instead.

**Vegetables:** you can use pumpkin, sweet potato or other root vegetables instead of the white potatoes (especially if you want to avoid the white spuds for dietary reasons).





# SPECIAL BAKED BEANS

TOTAL TIME: 35 MINUTES (INCL. PRESSURIZING) SERVES: 4-6 GLUTEN-FREE | VEGAN-FRIENDLY

These incredible Instant Pot baked beans will make your mouth water. Made with a secret ingredient or two, they are vegan and gluten-free dish, and perfect for meal prepping on the weekend. Enjoy for breakfast, lunch or dinner! These will keep for 3-4 days in the fridge.

- 1 + 1/2 cups dry cannellini beans (or other beans of choice)
- 20-25 g / 1 oz. dried porcini mushrooms or shiitake mushrooms
- 1 cup of warm water
- 2 tbsps olive oil
- 1 large white onion, finely diced
- 1/2 long red chili diced (can be omitted)
- 1/4 tsp salt
- 2 cloves of garlic, finely diced
- 1 medium carrot, diced into small cubes
- 400 ml (1 can) of chopped tinned tomatoes or tomato passata
- 1 tbsp soy sauce or Tamari sauce
- 1 tbsp ketchup
- 2 tbsps brown sugar or other sweetener
- 1 onion stock cube or 2 tbsps onion soup mix
- 1 tsp smoked paprika
- 1/2 tsp regular paprika
- 1/2 tsp allspice powder
- 2 bay leaves

Add dried beans to a large bowl and fill up with double the water. Mix in a teaspoon of salt and soak overnight (minimum 8 hours).

Soak the dried porcini mushrooms in a cup of warm water for 10-20 minutes, until rehydrated. Remove the mushrooms from the water (but reserve the liquid) and chop into small pieces. Strain and rinse the pre-soaked beans.

Turn on the Instant Pot and press the Sauté function key. Add the olive oil, onions and chili and cook for 5 minutes, stirring a couple of time.

After 5 minutes of cooking, add the rest of the ingredients, soaked beans, chopped mushrooms, and the reserved mushroom liquid to the pot and stir through. Press Keep Warm/Cancel button.

Place and lock the lid and set to Manual, HIGH pressure, for 15 minutes. If cooking un-soaked beans, set the timer to 35 minutes. After 3 beeps, the Instant Pot will begin pressurizing and cooking.

Once the timer goes off, release the pressure naturally, for about 10-15 minutes. Open the lid and stir the beans before serving.

**Beans:** We are using dried cannellini beans. You can use any type of beans but the smaller white beans work best. Cooking beans from scratch, it is important to pre-soak them ahead of time. Dried beans need 8-12 hours of soaking time to rehydrate and to make them easier to digest (you know, that old bean story!). If you're short on time, you can use dried beans in this recipe or soak them for a shorter time, but you will need to increase cooking time. About 30-35 minutes for dried beans instead of 12 minutes for soaked. If you're using canned beans, then you can reduce the cooking time 5 minutes.

**Mushrooms:** Dried porcini mushrooms can be purchased in most stores and online and are a wonderful ingredient to have on hand. It's not a cheap ingredient but a small amount goes a long way, so you only need a handful for this recipe. Other dried wild mushrooms or dried shiitake mushrooms can also be used. If you can't find dried porcini mushrooms, you can easily dice up some fresh brown or white mushrooms and add them to this dish.











# WHITE TURKEY & KABOCHA SQUASH CHILI

TOTAL TIME: 45 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | DAIRY-FREE

Made with sweet kabocha squash and white beans, this Instant Pot turkey chili is hearty, nutritious and full of flavor. The recipe is dairy-free, gluten-free and can be made with ground or diced turkey, or chicken. Serve with rice, veggies, crusty bread or enjoy as is.

- 2 tbsps olive oil
- 1 medium brown onion, finely diced
- 1 celery stick, finely diced
- 1/2 tsp salt
- 1 long green chile pepper such as jalapeño, sliced (seeds left in)
- 3 cloves garlic, finely diced
- 1.5 lb / 700 g ground turkey or turkey steaks (finely diced)
- 1 lb / 500-600 g kabocha squash or other sweet winter squash, peeled and diced into small cubes (about 1/2 of medium kabocha squash/Jap pumpkin)
- 2 cups drained canned white beans/cannellini beans (see notes on pre-cooking dried beans)
- 2 cubes of chicken stock (we used organic Kallo brand)
- 2 tsps ground cumin
- 1 tsp dried coriander seed
- 1 can / 400 ml of full-fat coconut milk (canned coconut milk that is 50-60% coconut, not the diluted drink)
- Juice of 1/2 lime
- **To serve:** fresh cilantro, scallions and chopped pickled jalapeños, extra lime, grated cheese (optional)

Press the Sauté key on the Instant Pot (it should say Normal, 30 mins). Add the olive oil, onions, celery and salt. Sauté for about 5 minutes, stirring a few times.

Add the rest of the ingredients, except for lime juice and garnishes and stir through. Press Keep Warm/Cancel button to stop the sautéing.

Press the Poultry button, it should say 15 mins. After 3 beeps, the Instant Pot will start building up the pressure and start the cooking process. Once the cooking finishes, allow natural release for about 10 minutes, then use the quick release the let off the rest of the steam.

Carefully open the lid. Add the lime juice and stir through really well. Taste for salt. If needed, you can press the Sauté key again and cook the chili for 5-7 more minutes with the lid off, stirring a few times, as a way to thicken the sauce slightly.

Serve this chili over cooked white or brown rice with freshly chopped cilantro, scallions, and pickled jalapeños. Grated cheese can also be added over the top.

You can use ground turkey or chicken, or dice up turkey meat into small cubes. Any white meat, even pork, can be used in this recipe.

We used canned white beans, such as cannellini, but you can also pre-cook some dried white beans ahead of time. Using the Instant Pot, you can add 1 cup of dried beans to the pot together with 3 cups of water and set to Manual, 15 mins, High pressure with natural release.

We used kabocha squash in this recipe, which is a sweeter type of pumpkin/winter squash. We love the combination of sweetness with the spices and chile, but regular butternut pumpkin can also be used.







# HONEY LEMON CHICKEN

TOTAL TIME: 40 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | PALEO\*

Honey lemon chicken is a family favourite so it was only a matter of time before we tried to make it using the Instant Pot. What's nice about using the pressure cooker is that you can throw in the chicken and lemon honey broth in the pot and let it cook perfectly while you can relax and focus on other things.

## For the chicken

- 6-8 chicken thighs, with or without the skin (we did ours with the skin on)
- 1 tsp sea salt
- 1/2 tsp white pepper (black pepper is also okay)
- 1 tbsp butter
- 1 small lemon, sliced into 5-6 thin slices
- 1 garlic clove, roughly diced
- 1 tbsp lemon juice
- 1 tbsp honey
- 1/2 cup water
- 1 tbsp coconut oil or olive oil (for pan-frying later)

## For honey lemon glaze

- 1/4 cup lemon juice
- 2 tbsps honey
- 1 tbsp soy sauce or Tamari (wheat-free version)
- Pinch of pepper
- 1 garlic clove, minced or finely grated

## For garnish (optional but looks gorgeous)

- 1 tsp butter
- 4-5 slices of lemon
- Chopped scallions (green onions)

Turn the Instant Pot on and press the Sauté button. Add the butter and let it melt. Then, press Cancel to stop the Sauté function.

Add lemon slices on the bottom and sprinkle with garlic. Place the chicken over the top, skin side up. Drizzle with lemon juice and honey, and pour the water around the sides. Give the pot a little shake to spread the liquid under the chicken. Place and lock the lid, making sure the valve is set to Sealing. Set to Manual, HIGH, for 12 minutes. After 3 beeps, the Instant Pot will start to build the pressure.

Once the timer goes off, allow 3 minutes for natural pressure release and then use the quick release method to let out the rest of the steam and pressure. Remove the chicken pieces and reserve 1/3 cup of the cooking broth.

While the chicken is cooking, combine the honey lemon glaze ingredients in a bowl and whisk together. Set aside. Prepare any side dishes such as rice or vegetables.

Heat a large skillet with a tablespoon of oil over medium-high heat. Place the cooked chicken in the skillet, skin side down, and pan-fry for 4-5 minutes, until golden brown. Turn over and cook for 1-2 more minutes on the other side, then bring the heat up to high.

Pour in the reserved cooking broth and the honey lemon glaze mixture over the chicken. Swirl around allowing the liquids to combine. Cook over high heat for 2 minutes, stirring and turning the pieces around, basting them in the glaze. The liquid will reduce and when it thickens and starts to caramelize, remove the pan from the heat. Transfer the chicken pieces to a serving plate and pour over the glaze liquid.

For pan-fried lemon slices, place the pan back over high heat and melt in a teaspoon of butter or some oil. Pan-fry the lemon slices for a minute or so on each side, until golden brown. **More notes and pictures on next page.**

**Make ahead tip:** you can precook the chicken in the Instant Pot and then store it in the fridge or freezer, and then do the final pan-frying and glazing step whenever you want to serve the dish, so it's nice and fresh.

**Other variations:** This recipe would also suite diced chicken, turkey meat, and pork loin or chops. Simply cook in the Instant Pot with the lemon honey broth, and then finish off in the frying pan with the glaze mixture. For a paleo version, use ghee instead of butter or replace with more coconut oil or olive oil.

In the step-by-step pictures, we used four chicken thighs and one chicken breast with skin on, but the recipe says 6-8 chicken thighs. The amounts are suitable for either option, depending on which chicken pieces you have. You can also use 6-8 chicken drumsticks or a combination of drumsticks and chicken wings.







# YELLOW RICE WITH PEAS & CORN

TOTAL TIME: 25 MINUTES (INCL. PRESSURIZING) SERVES: 6 GLUTEN-FREE | VEGAN-FRIENDLY

This homemade Instant Pot yellow rice recipe is free of MSG, additives or preservatives. It's also naturally gluten-free and is made with sweet corn and peas adding even more nutrients.

- 2 cups basmati rice (see notes above)
- 3 tbsps olive oil
- 1 large onion, diced small
- 1/4 teaspoon salt
- 3 tbsps of chopped cilantro stalks (optional)
- 2 large cloves of garlic, finely diced
- 1 heaped tsp of turmeric powder
- 1 cup frozen sweet corn kernels
- 1 cup frozen garden peas
- 2 1/4 cups chicken stock
- A dollop of butter, to finish (optional, olive oil can also be used)

For this recipe, we use basmati rice, which has a lower glycemic index and doesn't spike your blood sugar as much as other types of white rice. We also use turmeric spice, which gives this dish that beautiful yellow colour and has amazing health benefits.

The recipe makes a large batch of yellow rice. I usually keep cooked rice in the fridge for no longer than 2-3 days. You can reheat it and enjoy with veggies or a fried egg on top. It can also be turned into a casserole, fishcakes or veggie burgers. You can also freeze it. If freezing the rice, make sure to do so soon after it's cooked and cooled down. Keep in the freezer for up to one month.

Rinse the rice in cold water 3-4 times to remove some of the starch. This will help to keep the rice nice and fluffy.

Turn the Instant Pot on and press the Sauté function key button. Add the olive oil, onions and salt and cook for 5 minutes, stirring a few times until softened.

Add the chopped cilantro, garlic and turmeric powder and stir through. I like to add a little extra drizzle of olive oil but that's not essential. Now add the corn, peas and rice and pour over the chicken stock. Stir through and turn the Sauté off by pressing the Keep Warm/Cancel button.

Place and lock the lid, make sure the steam releasing handle is pointing to Sealing. Set to Manual, HIGH Pressure and adjust the time to 4 minutes. You will hear 3 beeps letting you know you the Instant Pot is starting to build the pressure and cook (this should take about 5-7 minutes).

Once the timer goes off, turn the Instant Pot off and let the pressure release naturally for 5 minutes. Then use the quick release to let off the rest of the steam.

Open the lid and add a dollop of butter, if using. Let it melt into the rice, then fluff it with a fork. Transfer to a serving platter.











# INSTANT POT BORSCHT (BEET SOUP)

TOTAL TIME: 30 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

This Ukrainian borscht is a lovely, hearty beet soup that is super quick and easy with the Instant Pot. It's delicious, full of nutrients, and gluten-free. This recipe is made without meat but we did use a mix of beef and vegetable stock cubes. You can use all vegetable stock to make this completely plant-based.

- 1 medium white onion, chopped
- 1 tsp salt
- 2 tbsps olive oil
- 2 large white potatoes, peeled and diced into small cubes (about 1lb / 450 g)
- 1 large carrot, grated (about 4.5 oz / 125 g)
- 2 medium beets or 3 small ones, grated (7-8 oz / 200-250 g)
- 1/4 medium white cabbage, thinly sliced (12 oz / 350 g)
- 4 medium cloves of garlic, diced
- 10-15 g / 1 oz dried porcini mushrooms
- 3 tbsps apple cider vinegar
- 1.5 tbsps tomato paste
- 1 cube beef stock (or replace with another vegetable cube for vegan version)
- 1 cube vegetable stock (I like this organic brand)
- 1/2 tsp pepper
- 1.25 Litres filtered water (5 x 250 ml cups)
- Fresh parsley and sour cream/yo-hurt to serve

Turn the Instant Pot on and press the Sauté function key (it should say High, 30 mins).

Add the onions and olive oil and sauté for 2 minutes, until softened. Add potatoes, carrots and beets, and stir through, then add the cabbage, garlic and the rest of the ingredients. Stir through and press Keep Warm/Cancel button.

Place and lock the lid, make sure the steam releasing handle is pointing to Sealing. Set to Manual, HIGH pressure and adjust the time to 10 minutes. After 3 beeps the pressure cooker will start going. Once the time is up, let the pressure release naturally for 5 minutes, then use the quick release to let off the rest of the steam.

Serve the soup with chopped fresh parsley and a dollop of sour cream, full-fat Greek yogurt or non-dairy version.

We suggest using some kitchen gloves when grating the beets or do it near the sink so you can quickly rinse your hands after handling the stain-prone beetroot.

Dried porcini mushrooms add a lovely umami flavour. You can get them at most large supermarkets and online. Regular mushrooms or dried shiitake mushrooms can be used instead.

This beet soup keeps well in the refrigerator - up to 4 days - and it's delicious cold or hot. You can add pieces of some cooked beans or beef/chicken for extra protein.





# PEA & CELERY RISOTTO

TOTAL TIME: 25 MINUTES (INCL. PRESSURIZING) SERVES: 2-3 GLUTEN-FREE | VEGETARIAN

This Instant Pot risotto is quick and easy and is perfect if you're on the budget. Rice, celery, onion and frozen peas are all cheap yet nourishing foods. The only thing that might make a dent on the wallet is the Parmesan cheese, but let's face it, it makes risotto into what it is - creamy, velvety, savoury goodness.

- About 25 grams / 2 tbsps of butter (or 3 tablespoons olive oil)
- 1 medium brown onion, diced
- 2 celery sticks, diced into small cubes
- 1/2 tsp sea salt
- 1/2 tsp pepper (I used white pepper)
- 1 cup Arborio rice (special risotto rice that is extra starchy)
- 1 cup frozen green baby peas
- 2 cloves of garlic, finely diced
- Zest of 1/2 lemon (optional but nice)
- 2 cups vegetable stock (or chicken if you like, I used 1 stock cube and 2 cups water)

## To finish

- 1 oz / 30 g Parmesan cheese, grated
- 2 tbsps lemon juice

**Rice:** Risotto requires a special type of rice called arborio rice, which is a high-starch, short-grained rice that helps to give the dish that famous thickness and creaminess. Unlike regular white rice, DO NOT RINSE this rice before cooking or you will reduce the starch content, which is needed for a perfect risotto.

**Stock:** This recipe calls for 2 cups of stock. Essentially, it's 2:1 ratio of stock to arborio rice for the pressure cooker recipe, so if you're making a smaller batch or a larger batch, adjust the liquid accordingly. For a vegetarian version, use vegetable stock cube and water or ready-made stock. For omnivores, chicken stock works really well here.

Turn the Instant Pot on and press the Sauté key (it should say Normal, 30 mins). Add the butter (or olive oil), onions, celery, salt and pepper and sauté for 4-5 minutes, stirring a few times.

Add the rice, peas, garlic, stock and lemon zest and stir through. Press Keep Warm/Cancel key on the Instant Pot to stop the Sauté function. Make sure to scrape any rice kernels or vegetables off the inner pot walls.

Place and lock the lid, making sure the steam releasing handle is pointing to Sealing. Set to Manual, HIGH pressure and set to 5 minutes. After 3 beeps the pressure cooker will start going.

Once the timer goes off, allow the pressure to release for 4-5 minutes and then, carefully, use the quick release method to release the rest of the steam and pressure. Open the lid and stir in the Parmesan cheese and drizzle with lemon juice. Serve while hot with a side salad or veggies.









# CORN, SWEET POTATO & CHIPOTLE SOUP

TOTAL TIME: 35 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

This Mexican-inspired sweet corn soup is made with healthy ingredients, flavourful spices, lime and a little chipotle for a smoky, chilli kick. It's gluten-free, vegan-friendly, and super quick and easy to make. This recipe can be done with fresh or frozen corn and can be made ahead.

- 2 tbsps olive oil
- 1 medium red or white onion, diced
- 1/2 tsp salt
- 2 cobs on the cob, kernels shaved off with a knife (or 1 ½ cups of frozen corn kernels)
- 1 large sweet potato, diced into small cubes
- 2 medium carrots, diced into small cubes
- 3 cloves garlic, diced
- 3 peels of lime rind
- 2 tsps cumin powder
- 2 tsps coriander seeds (ground or whole crushed seeds)
- 1 tsp chipotle chill flakes or 1 chipotle chilli, chopped up
- 750 ml (3 x 250 ml cups) vegetable stock

## To finish

- Juice of ½ lime
- ¼ cup sliced red roasted peppers (pickled ones like these)
- ¼ cup full-fat thick yoghurt or coconut yoghurt
- 1/3 cup chopped cilantro/coriander leaves
- **To serve:** extra cilantro, yoghurt and fried shallots.

Turn the Instant Pot on and press the Sauté function key.

Add the olive oil, onions and salt to the pot and cook for 2-3 minutes, until softened slightly.

Add the rest of the ingredients, stir through and press Keep Warm/Cancel to stop the sautéing process.

Place and lock the lid, making sure the steam valve is pointing to Sealing. Set the Instant Pot to Manual, HIGH pressure and adjust the time to 6 minutes. After 3 beeps, the Instant Pot will start to build up the pressure and the cooking will commence (this should take 5-10 minutes).

Once the cooking time is up, release the pressure naturally for 5 minutes, then use the quick release method to let off the rest of the steam (point the steam valve to Venting carefully).

Open the lid and stir in the lime juice, yoghurt, roasted peppers and cilantro. Serve with extra cilantro, yoghurt and fried shallots on the side or in the bowls.









# MOROCCAN CHICKPEA STEW WITH SPINACH

TOTAL TIME: 35 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

This vegan and gluten-free friendly Instant Pot chickpea (or garbanzo beans) stew is a delicious main meal full of Moroccan-influenced spices and flavours. It is an adaptation from an original recipe in Viva! magazine. Serve it over rice, couscous or with some crusty bread. It's even better the next day!

- 1 large onion, chopped
- 2 tbsps olive oil
- 5 cloves of garlic, finely chopped or crushed
- 2 tsps ground cinnamon
- 2 tsps ground cumin
- ¼ tsp cayenne pepper or chilli
- 2 heaped tsps paprika
- 1 tin (400g) chopped tomatoes
- 2 tins (400 g each) chickpeas/garbanzo beans, drained and rinsed well
- 2 tbsps of raisins
- 12 sun-dried tomatoes, chopped into pieces (use a knife or scissors)
- 140 g/ 5oz washed baby spinach or a few lumps of frozen spinach)
- 750ml / 3+1/2 cups vegetable stock (made with a veggie stock cube or premade)
- ½ tsp salt and some pepper, to taste
- A handful of fresh cilantro or parsley leaves to serve

For this stew recipe, we are using tinned, cooked chickpeas so the whole thing only takes 10 minutes on HIGH pressure. If you want to use dried garbanzo beans/chickpeas, we recommend to cook them first following these timings.

**Dry chickpeas cooking time:** 35-40 minutes on high pressure in enough water to fully submerge the beans.

**Soaked chickpeas cooking time:** 10-15 minutes on high pressure in enough water to fully submerge the beans.

Turn the Instant Pot on and press the Sauté function key. Once slightly heated, add the onion and olive oil and cook for 2-3 minutes. Add the garlic and spices and stir through for 30 seconds. Add the rest of the ingredients and stir through. Press Cancel to stop the Sauté function.

Pop the lid on top, lock it (making sure the steam valve is pointing to Sealing) and set the Instant Pot to Manual, HIGH pressure for 10 Minutes. After 3 beeps, the Instant Pot will start to build up the pressure and the cooking will begin. Once the timer goes off, allow 10 minutes for the pressure to release naturally, and then use a quick release to let off the rest of the steam (simply point the sealing valve to Venting).

Open the lid and stir the stew. We like to let it sit for 5 minutes before serving it with some fresh herbs on top. You can serve a side of cooked rice, couscous or crusty bread with this stew.









# INSTANT POT SHREDDED BEEF

TOTAL TIME: 60 MINUTES (INCL. PRESSURIZING) SERVES: 6 GLUTEN-FREE | WHOLE30 | PALEO

If you want a versatile recipe that is perfect for meal prep and batch cooking, try our Instant Pot shredded beef. It's paleo, gluten-free, and with a Whole30 option. Keep it simple or add a BBQ twist to it.

- 2 lb/ 1 kg diced beef (stewing steak like chuck)
- 2 large cloves of garlic, diced roughly
- 1 cube of beef stock, break it apart into smaller crumbs
- 1/2 tsp black pepper
- 1/2 tsp celery salt (or regular salt and celery seed powder)
- 1 tsp paprika powder
- 1 tsp cumin powder
- 2 tbsps Tamari sauce, coconut aminos or regular soy sauce
- 2 tbsps Balsamic vinegar
- 1 tsp smoky chilli flakes, like these ones
- 1 cup water
- **Optional:** 1/2 cup barbecue sauce (you can get paleo/Whole30 versions online and in health food stores)

Add all ingredients (except for the BBQ sauce) to the Instant Pot and stir. Close and lock the lid, making sure the steam valve is pointing to Sealing. Set to Manual, HIGH pressure and set to 45 minutes. After 3 beeps, the Instant Pot will start to build up the pressure and the cooking will begin. Once done, allow the pressure cooker to release the pressure naturally.

Open the lid and remove the inner pot with the beef. Pour out the broth into a bowl but return the beef to the inner pot. It should be nice and tender. Use a fork or a potato masher to shred the beef into strips. You can also take some of the bigger pieces out and shred them with a fork and a knife on a chopping board.

Return all shredded beef back to the inner pot and add a cup of the cooking broth from the bowl. Press the Sauté function key and stir the beef in the broth for 5 minutes, until it starts sizzling. Then, turn the Instant Pot off.

At this stage, you can transfer the shredded beef to a container, cool it off slightly and then refrigerate until you need to use it. You can also portion it out and freeze for 2-3 months.

To turn it into the most delicious barbecue shredded beef, simply stir in 1/2 cup of good quality barbecue sauce to the finished meat and stir through. You can then use it in burgers, sandwiches and wraps.









# INSTANT POT CHAI PORRIDGE

TOTAL TIME: 25 MINUTES (INCL. PRESSURIZING) SERVES: 4 GLUTEN-FREE | VEGAN-FRIENDLY

This rice pudding is an example of how creative you can get with your pressure cooker rice dishes. It's made with warm chai spices and sweet dates for an Indian-inspired breakfast or dessert. It's vegan, dairy-free and gluten-free.

- 1 cup short grain rice (also sold as pudding rice)
- 1 cup almond milk (unsweetened)
- 1 cup coconut milk (unsweetened, see notes)
- 1 + 1/2 cups water
- 2 tbsp brown sugar
- 6 Medjool dates, sliced (peeps out)
- 1 tsp cinnamon powder
- 1 tsp ground ginger powder
- 1/4 tsp ground nutmeg
- 5 cardamom pods
- 2 cloves or 1/4 teaspoon Allspice powder (this one is optional)
- 1 tsp vanilla extract
- Pinch of salt
- **To garnish:** berries, nuts, chopped dates or other dried fruit, pistachios, hemp seeds, coconut flakes, dried mango, papaya or pineapple, sliced bananas.

Combine all ingredients, except for the garnishes, in the inner pot. Lock the lid and set the Instant Pot to Manual, HIGH pressure, for 10 minutes. After 3 beeps the Instant Pot will start to build up the pressure, which will take about 5 minutes.

Once the timer goes off, allow natural pressure release for 5 minutes, and then use the quick release method to let off the rest of the steam.

Open the lid and stir through the rice. Add more water or almond milk, if you prefer a slightly thinner consistency. Serve topped with your favourite nuts, seeds and dried fruit.









# INSTANT POT CARROT CAKE

TOTAL TIME: 65 MINUTES (INCL. PRESSURIZING) SERVES: 8-10 NUT-FREE

You will fall in love with this gorgeous and moist Instant Pot carrot cake the minute you taste it. It's nut-free and perfect with a cup of tea or as a treat for birthday parties, Easter, Thanksgiving or Christmas.

## For the cake

- 10-12 dried apricots, diced into small cubes (about 80 g / 3 oz)
- ¼ cup (30 ml / 1 oz.) of dark rum (such as Mount Gay)
- 7 oz / 200 g carrots, finely grated (2 medium)
- Zest of 1 orange
- Zest of 1/2 lemon
- ¼ cup mixed seeds (pumpkin seeds, sunflower seeds etc)
- 4.5 oz / 125 g butter unsalted (half a stick)
- 3 medium to large eggs
- 1 cup (5 oz / 150 g) brown sugar
- 2 cups (7oz / 200 g) self-raising wholemeal flour
- 1 tsp bicarb soda
- 1 tsp cinnamon powder
- 1/2 tsp nutmeg
- 1 tsp dried ginger (optional, but very nice)
- 1/4 tsp salt
- 1 tbsp of lemon juice

- A little extra butter and flour for the cake tin

- 7.5" round springform cake tin

## Cream cheese icing

- 8.8 oz / 250 g full-fat cream cheese (feel free to use light version)
- 3 heaped tbsps of Greek yoghurt
- 1/3 cup icing sugar
- A little bit of lemon and orange zest (optional, but lifts it up slightly)
- **Decorations of your choice:**
- Berries or other fruit of choice (I used physalis and figs)
- Extra seeds
- Finely sliced lemon and/orange rind 3 large potatoes, cubed and boiled till tender and a mixed salad

We used wholemeal self-rising flour but you can use white self-rising or gluten-free flour as well. If using all-purpose flour rather than self-rising flour, please add 1 teaspoon of baking powder to the dry ingredients.

To make the cake nut-free, we used a mix of seeds for extra crunch. But, you can use chopped walnuts, pecans, or other nuts. Alternatively, you can go without. Dried apricots can be replaced with raisins, sultanas, or any other dried fruit of your choice - about 1/3 cup.

Butter can be replaced with coconut oil for a dairy-free version.





Prepare the ingredients for the batter: mix the diced apricots with the rum and set aside; in another bowl, mix the grated carrots, orange and lemon zest and the mixed seeds in and set aside; in a microwave or on a stove, melt the butter and allow to cool slightly.

In another bowl, whisk together the eggs and brown sugar. Add the melted butter and whisk again until well combined. Set aside.

Add the flour to a larger mixing bowl. Sprinkle evenly with bicarb soda, spices and salt and mix through. Stir in the sugar and egg mixture into the dry ingredients. Add the carrots, apricots (including the rum), citrus zest, and seeds and drizzle the lemon juice (it helps to activate the bicarb soda). Fold through until well combined.

Grease a round springform cake tin with some butter (about a teaspoon), making sure the sides and the bottom are evenly covered. Dust the sides and the bottom with a little flour. This will stop the cake from sticking to the tin. Transfer the cake mixture to the tin and smooth the top.



Add a cup of water to the Instant Pot's inner pot. Place a trivet on the bottom, with the handles facing up. Place the cake tin on top of the trivet above the water. Gently cover the tin with foil, overlapping and folding the edges slightly but not too tight. Allow some space for the cake to rise.

Place and lock the Instant Pot lid, making sure the vent is set to Sealing. Press Manual setting, HIGH pressure and adjust the time to 20 minutes. After 3 beeps, the Instant Pot will start cooking. Once the timer goes off, allow the pressure to release naturally (about 15 minutes). Open the lid carefully, lift and remove the foil. Allow the heat to escape and then carefully remove the trivet and the cake tin to a plate or the kitchen bench top. Allow the cake to cool in the tin for 5 minutes, then release the spring and remove the tin from around the cake. The easiest way to remove the bottom of the cake tin, is to place another plate on top of the cake and turn it upside down. Then carefully remove the bottom and allow the cake to cool slightly while upside down. Then turn it back around and place on a serving plate.



While the cake is cooling, prepare the cream cheese icing by combining and mixing all ingredients in a bowl. Set aside.

Time to finish the cake! Spread the cream cheese icing over the top of the cake and decorate with your choice of fruit, berries, seeds, nuts, zest or small pieces of carrots. Store in the fridge for 5-6 days. Ideally, allow it to come to room temperature when serving.

