

# Instant Pot BBQ Chicken and Sweet Potato Fries



A fast  
and easy  
weeknight  
dinner



Another 'Instant Pot to the rescue' dinner recipe. The nearly frozen chicken is steam-cooked in the pressure cooker, then slathered in barbecue sauce before a quick browning on the grill or under an oven broiler. We served it with a side of sweet potato fries and a spinach and cucumber salad.

## Ingredients

- 3 - 4 chicken leg quarters, can be semi-frozen
- 1/2 tsp favorite seasoning mix (I like Tony Chachere's Creole seasoning, but any mix with salt, pepper, garlic powder and onion powder will work)
- 1 1/2 cups chicken broth or water
- 1 cup favorite barbecue sauce, spiced up to your liking (I added chopped fresh pineapple and a little hot sauce)
- 3 sweet potatoes, peeled, cut into thick sticks
- 1/8 tsp paprika or cinnamon, cook's choice
- 1 1/2 tablespoons olive oil
- salt and pepper to taste







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1. Season chicken on both sides with seasoning mix
2. Place a roasting rack inside the stainless steel liner of your instant pot, add chicken broth or water and arrange chicken, skin-side up, on the rack.
3. Place lid on the instant pot, set vent to sealing and program to pressure cook on high pressure for 10 minutes, 12-15 minutes if chicken is partially frozen.
4. Meanwhile, set your oven to 420 degrees. Place sweet potato fries in a large bowl, add olive oil, salt, and pepper and toss to coat. Line a baking pan with parchment paper, and arrange your sweet potato fries on the pan. Sprinkle with cinnamon or paprika, if using.
5. Roast fries for 20 minutes, toss fries to turn them, and continue roasting for another 12 - 15 minutes, or until the fries are fork tender and have started to turn a golden brown.
6. After instant pot cycle ends, let pressure release naturally, about 10-15 minutes. Open lid when safe and place chicken, skin side up in oven proof dish, brushing all sides with barbecue sauce.
7. Place chicken under broiler for 3-5 minutes, until chicken skin crisps to your liking. Alternatively, you could place the chicken on a grill grate for about 4-5 minutes for similar result.

