



**3 INSTANT
POT RECIPIES**

**JORDAN
FONSECA**



CONTENTS



CHICKEN NOODLE SOUP	5
HONEY GARLIC CHICKEN	7
CORNERED BEEF	9
NUTRITION	10
REFERENCES	11



CHICKEN NOODLE SOUP

INGREDIENTS

- 2 tbsp. extra-virgin olive oil
- 1 small yellow onion, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 2 bay leaves (optional)
- 2 lb. boneless skinless chicken breasts (about 4)
- Kosher salt
- Freshly ground black pepper
- 4 c. low-sodium chicken broth
- 4 c. cold water
- 8 oz. egg noodles
- Pinch crushed red pepper flakes (optional)
- Juice of 1/4 lemon (optional)
- 2 tbsp. freshly chopped parsley, for garnish

DIRECTIONS

1. Turn Instant Pot to Sauté setting. Heat oil, then add onion, carrots, and celery. Cook, stirring occasionally, until vegetables are slightly tender, 6 to 8 minutes. Add garlic and thyme and cook until fragrant, 1 minute. Add bay leaves if using, then add chicken breasts and season generously with salt and pepper. Add broth and water and close lid. Set Instant Pot to Soup setting and set timer for 7 minutes.
 2. When cooking is complete and air has been naturally released from Instant Pot, carefully remove lid and use tongs to remove chicken breasts onto a plate or cutting board. Using two forks, shred chicken, then return chicken to pot. Remove bay leaves and add egg noodles. Return Instant Pot to Sauté setting and cook, uncovered, until noodles are cooked through, 4 to 6 minutes.
 3. Turn off Instant Pot and stir in pepper flakes and lemon juice if using. Ladle into bowls and top with parsley and more black pepper before serving.
1. Step 1 Pat chicken dry with paper towels and season well with salt and pepper on both sides. Set Instant Pot to Sauté function and add 2 tablespoons olive oil. Add chicken, skin side down and cook until golden, about 3 minutes then flip and cook 3 minutes more. Work in batches as necessary. Turn



HONEY GARLIC CHICKEN

INGREDIENTS

- 4 bone-in, skin-on chicken thighs, trimmed
- Kosher salt
- Freshly ground black pepper
- 1/4 c. plus 2 tbsp. extra-virgin olive oil, divided
- 1/4 c. low-sodium soy sauce
- 2 tbsp. honey
- 1 tbsp. sesame oil
- 2 cloves garlic, minced
- Juice of 1 lime
- 2 green onions, thinly sliced, plus more for garnish
- Pinch red pepper flakes
- 1 tbsp. cornstarch
- Toasted sesame seeds, garnish

DIRECTIONS

1. Pat chicken dry with paper towels and season well with salt and pepper on both sides. Set Instant Pot to Sauté function and add 2 tablespoons olive oil. Add chicken, skin side down and cook until golden, about 3 minutes then flip and cook 3 minutes more. Work in batches as necessary. Turn Instant Pot off of Sauté function.
2. In a medium bowl, whisk together remaining 1/4 cup olive oil, soy sauce, honey, sesame oil, garlic, lime juice, green onions, and pinch of red pepper flakes. Place all chicken in Instant Pot and pour sauce over. Lock lid and set to Pressure Cook on High for 10 minutes.
3. Follow manufacturer's guide for quick release, making sure to wait until cycle is completely before, unlocking and removing lid. Using tongs, remove chicken from Instant Pot and set on plate to keep warm.
4. Ladle out about 1/4 cup of sauce from Instant Pot and whisk in cornstarch. Pour liquid back into Instant Pot and set to Sauté function. Let sauce simmer until thickened slightly, about 5 minutes.
5. Pour sauce over chicken and garnish with green onions and sesame seeds and serve over rice.



CORNER BEEF

INGREDIENTS

- 1 large onion, cut into wedges
- 1 (2-lb.) corned beef brisket, with seasoning packet
- 4 c. low-sodium chicken broth
- 1 small head cabbage, core removed and cut into wedges
- 1 lb. baby potatoes, halved
- 4 medium carrots, sliced and cut on the bias
- 3 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- Freshly chopped parsley, for final serving

DIRECTIONS

1. Place onion in bottom of a 6-quart Instant Pot. Place brisket on top and add seasoning packet. Pour in broth and seal lid. Set to pressure cook on high for 90 minutes.
2. Follow manufacturer's guide for quick release, then remove corned beef and onions from Instant Pot. Keep remaining cooking liquid inside Instant Pot. Cover beef to keep warm.
3. Add cabbage, potatoes, carrots, and oil to Instant Pot. Season with salt and pepper, then seal lid. Set to pressure cook on high for 4 minutes.
4. Follow manufacturer's guide for quick release, then remove lid and serve vegetables with corned beef. Garnish with parsley and spoon additional cooking liquid beef, if desired.

NUTRITION

	Calories	Protein	Carbs	Fat	Cholesterol	Sodium
P1. Chicken and rice	333	35g	30g	7g	99mg	643mg
P2. Honey garlic chicken	465	15g	44g	25g	56mg	1151mg
P3. Corned beef	622	34g	23g	42g	142mg	1351mg

REFERENCES

All the images provided by this cookbook where taken from:

-PEXELS

<https://www.pexels.com/es-es/>

-FREEPIK

<https://www.freepik.com/>

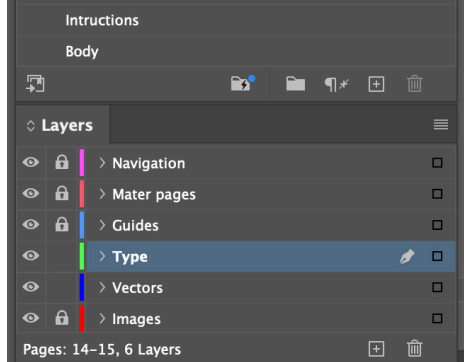
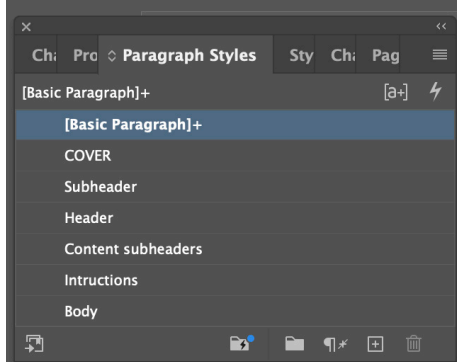
The recipies provided in this cookbook where taken from:

-DELISH

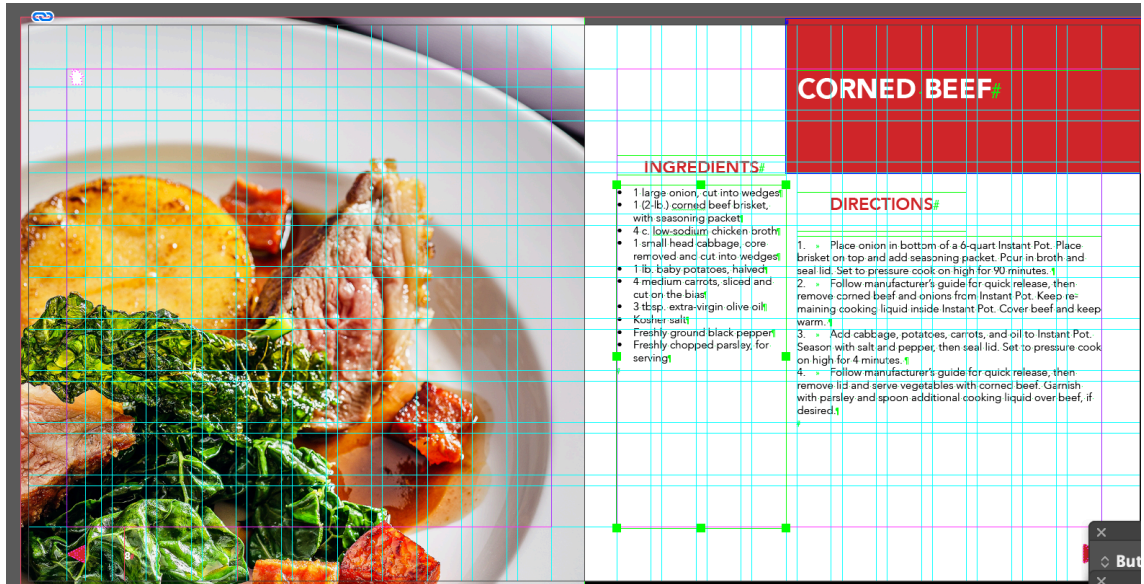
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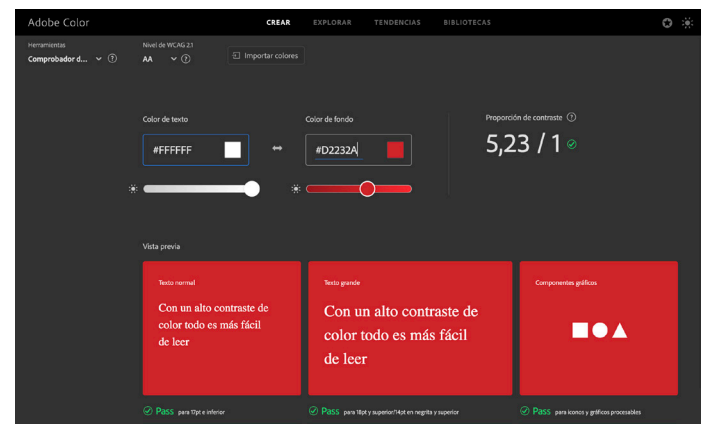


3199 LAKESHORE
BOULEVARD WEST
TORONTO, ONTARIO
M8V1K8



INXPO/AODA

REFLECTION



Was a really interesting exercise and i could improve my skills in InDesign I could say that now I know how to create paragraph styles and master pages sometimes I could forget things but I always make an effort to remember in terms of the cookbook and looking at AODA statements I tried to make it as accesible as posible I choose a sans serif font, I used a type size of 12 pts, I choose colors that have great contrast and I used both capitals and lower cases but mostly lower cases to make the content more accesible.



Avenir is a sans-serif typeface with all of the modern appeals of a futuristic feel without sacrificing readability. This font brings balance and energy to your text, making it ideal for blogs and books with a contemporary tone. <https://www.writerwiki.com/20-most-readable-fonts-for-printing-books/#:~:text=Avenir%20is%20a%20sans%2Dserif,books%20with%20a%20contemporary%20tone>.

