

# Low Carb French Garlic Chicken

## What you need:

For the Marinade

- 2 teaspoons Trader Joe's 21 Seasoning Salute Blend
- 2 tablespoon Olive oil
- 1 tablespoon Dijon Mustard
- 1 tablespoon apple cider vinegar
- 1/4 teaspoon Sea Salt
- 1 teaspoon Pepper
- 1 tablespoon minced Garlic
- 1 pound chicken thighs boneless skinless

For Cooking

- 2 tablespoons Butter
- 8 cloves chopped Garlic or 2 T minced Garlic
- 1/4 cup water
- 1/4 cup Heavy Cream

## What you do:

1. Mix all the ingredients for the marinade with a wire whisk until combined.
2. Add in chicken thighs and allow it to marinate at room temperature for 30 minutes. If you need to marinate for longer, put in the refrigerator.
  
1. When you are ready to cook, turn your Instant Pot to Sauté and when it is hot, add the butter and allow it to melt.
2. Add chopped garlic and sauté for 1-2 minutes.
3. Add in the chicken leaving behind as much of the marinade as you can. Do not discard the marinade.
4. Cook the chicken thighs so that they can lightly brown on one side, 3-5 minutes.
5. Add the marinade and 1/4 cup water.
6. Close the instant pot and set it to cook at High Pressure for 5 minutes. Allow it to release pressure naturally for 10 minutes, and then release all remaining pressure.
7. Remove the chicken on to a plate and add 1/4 cup cream into the pot, mixing well with the liquid in the pot.
8. As soon as the sauce thickens, pour it onto the chicken thighs and serve.
9. Enjoy!