

## Instant Pot Taiwanese Three Cup Chicken (San Bei Ji)

Instant Pot Taiwanese 3 cup chicken is a fragrant, satisfying dish bursting with flavor. Garlic, ginger and basil fragrance and combine with sesame oil, Shaoxing wine, and soy sauce for an easy, traditional authentic dish that will have you begging for more.

Course: Main Course

Cuisine: Chinese, Taiwanese

Dietary Consideration: Dairy-Free, Gluten-Free, High Fat, High Protein, Keto, Low Carb, Low Sugar, Paleo

Cooking Style: Instant Pot/Pressure Cooker

Ease of Cooking: Pour and Cook, Under 30 Mins

Recipe Type: Chicken, Pressure Cooker

Servings: 6

Calories: 307 kcal



### Ingredients

- 1/4 cup sesame oil
- 2 dried red chilis
- 1/4 cup garlic cloves, halved lengthwise
- 2 Tablespoons ginger sliced into matchsticks
- 1 1/2 large onions, sliced 1/2 inch thick
- 2 pounds chicken thighs - cut in half lengthwise (along the bone)
- 1/3 cup soy sauce
- 1/3 cup Shaoxing rice wine
- Salt to taste

1/2 inch slice - onions

### For Finishing

- 1/4 cup Thai basil chopped (or regular basil)
- 1 tablespoon cornstarch mixed with water for a slurry (or 1/2 teaspoon xanthum gum)

### Ingredients

1. Turn your Instant Pot to Sauté and when it is hot, add the oil. Once the oil is hot, add the chilies, ginger, and garlic and let them fry for 2 minutes until the ginger and garlic are just starting to crisp.
2. Add the onions, and reduce heat. Sweat the onions for 5 minutes.
3. Dump in everything else except the basil.
4. Set to Manual and cook for 9 minutes (plus 10 minutes natural release) – it takes 9 minutes to reach high pressure.
5. Open the lid and turn the pot on Sauté.
6. Add chopped basil leaves and stir.
7. When the liquid boils, add cornstarch slurry to let it thicken
8. EAT!

### Rick's notes 02/02/2018

- Only used 1 chili pepper, result was not spicy - could barely taste it
- Used 2.5 pounds of skinless thighs from Publix. These were quite small (versus Costco), cooked for 8 minutes
- Need more liquid, increased to 1/3 cup
- Need some vegetables too, so I added sliced onion



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## ORIGINAL version

★★★★☆  
3.72 from 7 votes

### Prep Time

10 mins

### Total Time

10 mins

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## Ingredients

- 1/4 cup sesame oil
- 6 dried red chilis
- 1/4 cup smashed garlic - peel cloves, smack with the side of a knife
- 2 Tablespoons ginger sliced into matchsticks
- 2 pounds boneless skinless chicken thighs cut in half
- 1/4 cup soy sauce
- 1/4 cup rice wine or pale dry sherry
- Salt to taste

### For Finishing

- 1/4 cup Thai basil chopped, or regular basil
- 1/2 teaspoon xanthum gum or if NOT low carb, 1 tablespoon cornstarch mixed with water for a slurry

## Instructions

1. Turn your Instant Pot to Sauté and when it is hot, add the oil. Once the oil is hot, add the chilies, ginger, and garlic and let them fry for 2 mins until the ginger and garlic are just starting to crisp.
2. Dump in everything except the basil.
3. Cook for 7 mins plus 10 mins NPR.
4. Open the lid and turn the pot on Sauté.
5. Add chopped basil leaves and stir.
6. When the liquid boils, sprinkle the xanthum gum and let it thicken, or add cornstarch slurry to let it thicken
7. EAT!

## Recipe Notes

For a vegetarian version, substitute tofu and/or tempeh instead of the chicken and follow all other directions as listed.

# Nutrition Facts

Instant Pot Taiwanese Three Cup Chicken  
(San Bei Ji) Recipe

**Amount Per Serving**

**Calories** 307      **Calories from Fat** 135

**% Daily Value\***

**Total Fat** 15g      **23%**

**Saturated Fat** 2g      **10%**

**Total Carbohydrates** 7g      **2%**

Sugars 2g

**Protein** 31g      **62%**

\* Percent Daily Values are based on a 2000 calorie diet.