

Instant Pot Shredded Chicken with Tarragon and Kale - by Healing Family Eats

Don't have an Instant Pot? Firstly, why on earth not? Secondly, not to worry, check out the instructions at the bottom of the page!

(Serves 4)

4-6 chicken thighs (1+3/4 lb/800g), bone in skin off
1 tbsp solid fat, such as [lard](#)
1 leek, thinly sliced
2 cloves garlic, minced
1/2 cup [pumpkin purée](#)
2 tsp [dried tarragon](#)
1 cup leftover chicken juice (see recipe) or bone broth
1 bunch lacinato kale, finely shredded
generous pinch [sea salt](#)

Put the chicken thighs into the pot of your [Instant Pot](#), together with 1/2 cup water. Select manual (high pressure) and set the timer for 15 minutes. When the cooking time is up, force a release. Transfer the chicken to a warm bowl and pour the juices into a jug (there will be roughly 1+1/4 cups). Remove the bones from the thighs (save for making your next batch of broth) then, using a couple of forks, shred the meat and set to one side.

Wipe out the pot with kitchen paper and put back into the pressure cooker. Turn machine on to the sauté function. Add the fat and leeks, and cook for around 3-4 minutes until nearly softened. Tip in the dried herbs and garlic and cook a minute or two more. Now add the pumpkin, together with 1 cup of the liquid and stir to make a sauce. Bring up to a simmer then return the chicken to the pot, along with the kale and salt. Give it all a good mix and allow the chicken to reheat thoroughly and the kale to wilt down, but still retaining its colour. Add more liquid if needed, taste and add more salt if you like.

Serve over cauli rice or mash.

[No Instant Pot? No worries!](#)

Simply cook your chicken thighs in just the same way, only putting them into a lidded pan and simmering gently until done, around 20-25 minutes. Continue with the instructions above, using the same pan.

