

INSTANT POT PHO



Makes 6 servings

Time: 1 hr

INGREDIENTS

6 chicken drums or 2 sweet potatoes + 1/2 pound mushrooms, large dice + 1 strip kombu
8 cups chicken, beef, or vegetable broth
5 inch ginger root, sliced lengthwise
1/2 onion, quartered and layers separated
2 whole star anise
2 whole cloves
2 cardamon pods
2 inch cinnamon stick
2 Tbl fish sauce
1 tsp sea salt + more for noodles
Optional: 1 tsp organic sugar
1 (8oz) package dried pho rice noodles
3 carrots, peeled and thinly sliced on bias
1/2 onion, thinly sliced
1/2 bunch green onion, sliced
1 bunch Thai basil, left whole
1 bunch cilantro, left whole
2 limes, cut into wedges
1 head broccoli cut to small uniform florets
1 pkg fresh sprouts (if available)
Sambal (chili + garlic paste), to taste

PROCEDURE

1. Broil ginger and onion layers until slightly blackened, about 8 min
2. Place chicken or veg, broth, spices, broiled vegetables, fish sauce, sea salt, and optional sugar in InstantPot.
3. Set InstantPot to "MEAT/STEW" to manual for 40 minutes. Steam may release during cooking. Use extreme caution.



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PROCEDURE, CONT.

3. Meanwhile, bring a medium pot of water to a boil with 1 tsp salt. Boil rice noodles per package directions. When cooked, strain and rinse well with cold water to prevent sticking. Divide among bowls.
4. Prepare vegetable, herb, and lime garnish and arrange on a plate for self-serve.
5. When pho is cooked and steam has been released, remove lid. Divide chicken among bowls. Strain liquid and divide among bowls.
6. Serve garnish alongside sambal.

Did You Know? In Vietnam, pho is traditionally eaten for breakfast. I'll sign up for that.