Blue Zones Project®

# Pad Thai Stir Fry

*From the kitchen of:*
Blue Zones Project®

Instant Pot Recipe by:
Hummusapien

## Ingredients:

4 oz whole wheat spaghetti
4 c water
1/4 c natural peanut butter
5 tbsp soy sauce
1/4 c pure maple syrup
2 tbsp lime juice
1 tbsp sriracha
1 tsp fresh ginger, minced
1 clove garlic, minced
1/2 head green or red cabbage (shredded)
1 large carrot, shredded
1 red bell pepper, chopped
2 c snow peas
3 green onions, chopped
Garnish:
fresh cilantro, chopped
salted peanuts, chopped

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## Directions:

1. Break noodles in half & arrange in a crisscross manner to avoid clumping. Pour water over noodles. Secure lid & move steam release valve to Sealing. Select Manual to cook on high pressure for 2 minutes. While noodles cook, separately whisk together peanut butter, soy sauce, maple syrup, lime juice, Sriracha, ginger, and garlic. Set aside.
2. When cooking cycle is done, let the pressure naturally release for 10 minutes, then move steam release valve to Venting to release any remaining pressure.
3. When floating valve drops, press Cancel and remove lid. Drain & rinse noodles through coriander.
4. Press saute & pour peanut sauce into pot. Add cabbage, carrot, pepper and snow peas. Stir well. Saute until vegetables are tender, about 5 minutes. Stir in noodles and green onions until everything is heated through.
5. Serve pad thai warm with cilantro and peanuts on top. Enjoy!

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