Instant Pot Paleo Faux Pho

Active Time: 10 minutes | **Total Time:** 45 minutes | **Serves:** 8

Nutrition Information Per Serving

331.1 calories, 10.89 g carbohydrate, 3.13 g fiber, 7.76 g NET carbs, 31.23 g protein, 18.6 g fat

Ingredients

- 3 Tbsp(s) Red Boat Fish Sauce
- 1 Tbsp coriander seeds
- 3 small(s) onions, quartered
- 1 whole stick cinnamon
- 1 head bok choy, chopped
- 1 stalk lemongrass, cut into 2 inch pieces
- 1 cup cilantro, chopped
- 2 medium(s) zucchini, spiralized
- 2 whole(s) limes, cut into wedges
- 4 leg(s) pastured chicken
- 4 whole(s) cloves
- 3 whole(s) cardamom pods

Preparation

1. Set the Instant Pot to “Saute”. Add the coriander seeds and toast, stirring, until fragrant and golden, about 3 minutes.
2. Add the chicken, spices, cilantro, lemongrass, onion and fish sauce. Add filtered water to cover.
3. Close and lock the lid and press the “Keep Warm/Cancel” button to reset. Then press “Manual”, HIGH pressure and set to 30 minutes.
4. Let the pressure release naturally or do a quick release.
5. Remove the chicken pieces and shred. Strain the broth and return strained broth to pressure cooker. Add salt, if needed. Press “Sauté” and bring the broth to a simmer. Add the bok choy and simmer 2 minutes. Add the spiralized zucchini and cook 2 minutes more.
6. Serve with lime wedges.

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