Kung Pao Chicken – Instant Pot

Sauce:

¾ cup of coconut aminos

1 TBL of fish sauce

¾ cup of water

1 TBL of Chinese five-spice powder

1 TBL fresh grated ginger

1 TBL of honey

6 cloves of garlic, minced

½ tsp red pepper chili flakes

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1.5 – 2 lbs. of boneless chicken thighs, cubed.

Salt and pepper chicken, to taste

2 TBL of avocado oil

1.5 cups of cashews

1 orange bell pepper, cut small

2 zucchini sliced thin.

1 TBL of arrowroot, mixed in ¼ cup of water

Sesame seeds and green onions for garnish

1. Mix Sauce ingredients.
2. Set Instant Pot on sauté. Heat 1 TBL of avocado oil.
3. Seer cubed chicken in Instant Pot for 4 minutes. (There will be a lot of juice from the chicken in the Instant Pot; do no reduce, you want this broth.) Do not remove chicken from the potl
4. Turn-off Instant Pot. Add sauce to pot and cook on manual (aka high) setting for four minutes.
5. Do a quick-release of the pressure on the Instant Pot. (Be very careful, the steam can burn you horribly.)
6. Remove everything from the Instant Pot.
7. Set Instant Pot on sauté. Heat 1 TBL of avocado oil.
8. Cook vegetable and nuts, until soft (about three minutes). It’s better to have things a bit crunchy than a bit too soft.
9. Add just the sauce from chicken-and-sauce mixture to pot, stir and heat thoroughly. (Chicken will be added later.)
10. Add arrowroot & water mixture and cook until thickened to your liking (typically 3-4 minutes).
11. Add chicken back to Instant Pot and cook on manual (aka high) setting for four minutes longer.
12. Serve, add garnishes and enjoy.