

# MYX RECIPE

## **NAME: MYX SINGAPORE NOODLE BOWL**

**INFO:** A fresh Lectin Free, Gluten Free and Sugar Free Asian Noodle bowl, with a nice flavor of sauteed mushrooms and garlic with a hint of spice and ginger. Using your pressure cooker to NIX the lectins, makes for a Plant Paradox compliant recipe.

## **INGREDIENTS:**

*Yield: 4 to 5 servings*

1 TBL Mirin  
½ tsp Sesame Oil  
1 TBL Coconut Amino Sauce  
1 tsp Monk Fruit Powder  
1 Lime, Juiced  
2 TBL Light Refined Olive Oil (for high temp cooking)  
1 Medium Red Onion  
4-5 Large Garlic Cloves, Chopped  
2 TBL Finely Chopped Ginger  
1 - 5 oz Can of Water Chestnuts (coarsely chopped)  
½ tsp Peri-Peri  
½ + ⅓ Cup Mushroom Broth (from the reserved shiitake/porcini mushrooms)  
300 g. Rice Vermicelli, Broken into one-thirds  
2 tsp Curry Powder  
½ tsp Himalayan Salt, plus more if needed  
¼ tsp Black Pepper  
3-4 Green Onions, chopped  
1 medium size Carrot, shredded  
2 cups of dried shiitake mushrooms (reconstituted)  
2 TBL of dried porcini mushrooms (reconstituted)

## **DIRECTIONS:**

Place dried shiitake and porcini mushrooms in a bowl and reconstitute them by adding simmering water cover for 30 to 60 minutes. Reserve broth.

Break the vermicelli noodles into small parts (⅓ of each bundle) so it will fit into the Instant Pot and then set aside. In a bowl or a jar whisk together mirin, toasted sesame oil, coconut amino, monk fruit powder, peri-peri and the lime juice.

On Instant Pot, use the sauté function and add the 2 TBL of the refined olive oil. Once heated add the onion, garlic, ginger, water chestnuts and the prepared mushrooms stirring continuously until the onions are soft/translucent and just starting to brown.

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Add the sauce and stir, once it becomes combined add ½ cup mushroom broth and the vermicelli. Press down the noodles carefully so that they can all become coated and wet. Then add the curry powder and the salt, and stir gently.

Close the lid and press the manual or pressure cook button on high pressure and set for 2 minutes, with the pressure valve in the sealing position. When finished cooking, use the quick release and then open the pot. Turn back on the saute function and add an additional 1/3 cup of mushroom broth. This extra liquid is needed as much of the liquid will be evaporated during the pressure cooking process. This will allow the noodles and veggies to simmer on the sauté setting for 5 to 10 minutes until all the liquid has evaporated.

Place noodles in bowls and add the green onion and shredded carrot and serve.