

Asian Style Quinoa

Quinoa is one of those awesome ancient grains. It was domesticated 3,000 - 4,000 years ago for human consumption. You can also do it in the Instant pot as well. Enjoy this tasty meal!

Prep:
5 minutes

Cook:
15 minutes

Ready In:
20 minutes

Servings:
3



Ingredients

- 1 cup of quinoa
- 2 cups of water
- 1 garlic clove, minced
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1 tsp sugar
- 1 thumb of grated ginger
- 8 oz bag of Asian style frozen vegetables

Instructions

1 This is another one of those simple one pot recipes that takes almost no time at all! If you have some forethought with this recipe, you can let the frozen vegetables thaw out before you cook this. We use this method and just added the veggies in after it was finished cooking so the more delicate veggies didn't get super soft and damaged for the photo.

2 So if you want to do it like that, here is how we made it. Combine all of the ingredients (except for frozen veggies) in to your Instant Pot. Put the lid on. Make sure the steam release handle is set to 'sealing' and set the iPot to 1 minute on pressure cook at high pressure. Yes! Only 1 minute.

3 Once the cooking time is finished, let it naturally release for 10 minutes. Move the steam release handle to 'venting' to release the remaining steam. Remove the lid. Then add in the thawed frozen vegetables and mix around. If the frozen veggies aren't thawed, just add it in with the rest of ingredients at the beginning.

4 Top with more soy sauce or your favorite sauce!