



*ministry
of curry*

WEEK OF:
01/18 - 01/24

Tip:
You can
click on
orange font



Menu

MONDAY

Paneer Kathi Roll - VG

TUESDAY

Instant Pot Spicy Taco Pasta

WEDNESDAY

Thai Panang Curry - VG, V

THURSDAY

Instant Pot Chicken Mulligatawny Soup - LC, GF

FRIDAY

Instant Pot Egg Biryani - GF


COOKING ICONS

 Gluten-Free

 Low Carb

 Vegetarian

 Vegan

 Pot-in-pot

Visit the blog for substitutions, variations, and tips for each recipe.

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 lb paneer | <input type="checkbox"/> 6 oz plain yogurt | <input type="checkbox"/> 4 oz cheddar cheese |
| <input type="checkbox"/> 4 oz pepper jack cheese | <input type="checkbox"/> 6 large eggs | <input type="checkbox"/> 14 oz extra firm tofu |
| <input type="checkbox"/> 1 lb ground chicken | <input type="checkbox"/> 1.5 lbs boneless skinless chicken thighs | |

FROZEN

- | | |
|---|--|
| <input type="checkbox"/> 8 kewan parathas | <input type="checkbox"/> 2 oz unsweetened coconut frozen |
|---|--|

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 1 lb pasta shells | <input type="checkbox"/> 20 oz salsa | <input type="checkbox"/> 48 oz low sodium chicken broth |
| <input type="checkbox"/> 4 oz panang curry paste | <input type="checkbox"/> 1 oz peanut butter | <input type="checkbox"/> 2 cans unsweetened coconut milk |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> 2 cups basmati rice | |

PRODUCE

- | | | |
|---|--|--|
| <input type="checkbox"/> 2 red peppers | <input type="checkbox"/> 1 green pepper | <input type="checkbox"/> 1 orange pepper |
| <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 6 large yellow onions | <input type="checkbox"/> 3" ginger root |
| <input type="checkbox"/> 2 garlic heads | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 2 lemons |
| <input type="checkbox"/> 1 celery stick | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 cauliflower |
| <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 2 bunches cilantro | <input type="checkbox"/> 1 bunch mint |
| <input type="checkbox"/> 1 bunch Thai basil | <input type="checkbox"/> 2 green chiles | <input type="checkbox"/> 2 jalapeños |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> kashmiri red chili powder | <input type="checkbox"/> kasoori methi |
| <input type="checkbox"/> curry powder | <input type="checkbox"/> ground nutmeg | <input type="checkbox"/> dried thyme |
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> bay leaves |

Check out the [Ministry of Curry Amazon Influencer Shop](#) to stock up on the essentials!

Visit the [blog](#) for more details, substitutions, variations, and tips for each recipe.

Monday: PANEER KATHI ROLLS



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INGREDIENTS

- 2 cups paneer cut into 1 inch cubes
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced

Marinade Ingredients:

- 1/4 cup plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 1 teaspoon Kashmiri red chili powder add 2 teaspoons for spicy
- 1 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 1 tablespoon kasoori methi
- 1 teaspoon kosher salt

To Serve:

- 6 to 8 kewan parathas ** cook per package instructions
- 1 medium yellow onion thinly sliced
- 1/2 cup cilantro chopped

Mint Cilantro Chutney

- 1/2 cup cilantro
- 1/4 cup mint leaves
- 2 tablespoons unsweetened coconut frozen or dry
- 1 garlic clove
- 1/2 teaspoon cumin seeds
- 1 to 2 small green chiles
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon sugar

INSTRUCTIONS

1. Marinate the paneer- Mix all the marinade ingredients in a bowl. Add paneer and mix well.
2. Make the filling- Heat 2 tablespoons of oil in a pan. Add onions, peppers and 1/2 teaspoon of salt and cook for 3 to 4 minutes. Add marinated paneer and mix well. Cook for another 3 to 4 minutes. Turn the heat off. Add cilantro.
3. Chutney - Blend all the chutney ingredients using 2 tablespoons of water to make a smooth sauce. Note: Add more water as needed, little at a time.
4. Cook the Parathas- Heat a non-stick griddle pan. Remove the kewan paratha from the plastic wrapping and place on the griddle. Cook on medium-high heat for about 1 to 1-1/2 minutes on each side or until both sides are golden brown, pressing gently with a spatula. Enjoy hot!
5. Assemble Kathi Roll- Spread 2 teaspoons of chutney on the cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add a few sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

NOTES

- The nutrition info does not include the calories and carb count for the parathas. For Low Carb option substitute Kewan Parathas with low carb tortillas. Misson brand makes many varieties of soft low carb tortillas and are available in most US grocery stores

Tuesday: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 2 tablespoon cooking oil
- 1 large onion diced
- 1 to 2 jalapeños diced
- 1 pound ground chicken
- 1 pound pasta we used pasta shells
- 2 tablespoon taco seasoning mix, we love trader joe's
- 2.5 cup salsa
- 4 cups low sodium chicken broth
- 1/2 cup cilantro chopped
- 1/2 cup cheddar cheese grated
- 1/2 cup pepper jack cheese grated

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 7

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add ground chicken. Break chicken with the spatula. Add taco seasoning and mix everything together.
3. Add salsa, chicken broth, and pasta. Mix well and with the spatula push the pasta under the liquids. Make sure most of the pasta is under liquids for the pasta to cook well.
4. Close Instant Pot with pressure valve to sealing. Pressure cook for 3 mins. Note: Cook time for the pasta shells we used was 7 minutes.
5. Quick release and open Instant Pot. Stir in the cheeses and garnish with cilantro.

NOTES

Here are my tips for a perfectly cooked Instant Pot Spicy Taco Pasta:

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cheese after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta

Vegetarian Variation

- This versatile recipe is easy to make vegetarian:
- Substitute ground chicken with soy granules or a can of rinsed and drained black beans and a cup of frozen corn or diced mushrooms or zucchini
- Stir in diced red/green/yellow/mixed peppers after the pressure cooking cycle is complete

Wednesday: THAI PANANG CURRY



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 4

INGREDIENTS

- 2 tablespoons oil
- 2 garlic cloves minced
- 1 medium yellow onion sliced
- 1 medium red pepper cut into 2 inch slices
- 1 medium orange pepper cut into 2 inch slices
- 4 oz panang curry paste
- 1 can coconut milk full fat
- 14 oz **extra firm tofu** cubed and baked or stir fried
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce or tamari
- 1 lime
- 1 cup Thai basil or Italian basil or cilantro

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and saute for 30 seconds or until fragrant. Add onion, peppers and cook for 2 to 3 minutes or until the veggies are slightly tender. Push all the veggies to the sides of the wok and add Panang curry paste in the middle of the wok.
2. Fry the curry paste for a few seconds with some of the existing oil in the pan. Then mix the curry paste in the veggies. Stir in coconut milk and mix until the sauce looks creamy and well blended. Add half of the basil leaves, tofu and salt. Mix well.
3. Cover and cook on medium heat for 5 minutes or until the curry comes to a gentle boil. Add peanut butter, soy sauce and mix well. Garnish with remaining basil leaves and enjoy hot with **steamed Jasmine rice**.

Thursday: INSTANT POT CHICKEN MULLIGATAWNY SOUP



INGREDIENTS

- 3 tablespoons ghee
- 1 small yellow onion diced
- 1 tablespoon ginger grated
- 1 celery stalk chopped
- 2 carrots peeled and diced
- 2 teaspoon curry powder or 1/2 teaspoon garam masala, 1/2 teaspoon ground cumin, and 1/4 teaspoon turmeric
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon dried thyme
- 1 and 1/2 pounds boneless skinless chicken thighs, you can also use bone-in chicken thighs
- 2 cups low sodium chicken broth
- 2 cups cauliflower rice or finely minced cauliflower florets
- 1 cup full-fat coconut milk
- 1/4 cup fresh cilantro chopped, plus 1 tablespoon for garnish

PREP TIME: 10 MIN

COOK TIME: 35 MIN

TOTAL TIME: 45 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and melt ghee. Add onions and ginger and saute for 2 minutes. Stir in celery and carrots and cook for another 1 minute.
2. Add remaining ingredients except for coconut milk and cilantro. Hit "Cancel". Close the Instant Pot lid and turn the pressure valve to sealing. Set the Instant Pot to Pressure Cook/Manual(Hi) for 10 minutes followed by 10-minute natural pressure release. Release the remaining pressure by turning the pressure valve to venting.
3. After the float valve drops down, open the Instant Pot. Stir in coconut milk and cilantro. Ladle the soup into bowls and garnish with more cilantro and black pepper.

NOTES

- You can also shred the chicken using forks and add back into the soup
- For Bone-in chicken thighs, increase the pressure cook time to 15 minutes

Friday: INSTANT POT EGG BIRYANI



PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MIN

SERVES: 4

INGREDIENTS

- 2 cups basmati rice
 - 6 large eggs
 - 2 tablespoons ghee
 - 2 yellow onions medium, thinly sliced
 - 1 teaspoon cumin seeds
 - 1/2 teaspoon black peppercorns
 - 2 bay leaves
 - 2 teaspoons Kashmiri red chili powder
 - 1/2 teaspoon ground turmeric
 - 2 and 1/2 teaspoons kosher salt
 - 1 and 1/2 teaspoons garam masala
 - 1/2 cup plain yogurt
 - 1 and 1/2 teaspoons ginger grated
 - 1 and 1/2 teaspoons garlic minced
 - 2 cups water
 - 1/2 cup cilantro leaves chopped
 - 1/4 cup mint leaves chopped (optional)
 - 1 tomato diced
 - 1 pinch saffron mixed in 1 tablespoon warm milk optional
- To Serve
- 4 Lemon wedges optional
- Raita
- 1 medium red onion finely diced
 - 1 tomato finely diced
 - 3/4 cup plain yogurt
 - 1/2 teaspoon kosher salt
 - 1 teaspoon sugar optional
 - 1 tablespoon cilantro chopped finely

INSTRUCTIONS

1. Rinse the rice and soak in 4 cups of water for 20 minutes. Drain all the water after 20 minutes.
2. While the rice is soaking hard boil the eggs. Add 1 cup of water to the Instant Pot. Place the trivet and place eggs on top of it. Close the Instant Pot lid with the pressure valve to sealing. Set the Instant Pot to pressure cook (hi) for 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure and open the Instant Pot. Using a pair of heat resistant mitts, carefully pick up the Instant Pot insert and place it in the sink. Run cold water for 2 minutes over the eggs or place them in an ice bath. Once the eggs are cool to handle, peel them. Make 3 shallow slits to the hard-boiled eggs and keep aside.
3. Set the Instant Pot to saute mode and add ghee. Add onions and saute until they turn light golden brown, about 10 minutes. Take half of the onions out and reserve.
4. Deglaze the bottom of the pot to remove any browning from sauteeing the onions. Use 1 to 2 tablespoons of water to help remove any stuck browned bits as this will help the Instant Pot come to pressure properly and not show the dreaded "BURN"
5. Add cumin seeds, black peppercorns, bay leaves and saute for a minute. Turn the Instant Pot off and add red chili powder, turmeric, salt, garam masala, ginger, garlic, mint, cilantro, tomatoes and yogurt. Mix well once again deglazing the pot.
6. Add eggs and mix coating the eggs with the spices. Add rice over and spread it evenly. Add water and stir gently making sure most of the rice is under liquids. Close the Instant Pot and turn the pressure valve to sealing. Pressure Cook (Low) for 5 minutes followed by 5 minutes natural pressure release. Release the remaining pressure and open the Instant Pot. Layer the reserved caramelized onions and saffron milk evenly on top. Garnish with remaining cilantro. Enjoy hot with a lemon wedge and raita.
7. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt, sugar and mix well. Garnish with cilantro.