



*ministry  
of curry*

WEEK OF:  
01/25 - 01/31

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Instant Pot Black Eyed Peas Curry - VG, PIP

## TUESDAY

Spicy Tofu Lettuce Wraps - VG, LC, GF

## WEDNESDAY

Instant Pot Kheema Pav

## THURSDAY

Vegetable Thai Green Curry - GF, LC, VG, V

## FRIDAY

Instant Pot Penne Alla Vodka - GF, VG


## 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

## BAKERY

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- 8 potato rolls

## PROTEIN & DAIRY

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- 1 14 ounce extra firm tofu
- 8 oz plain greek yogurt
- 4 oz heavy cream
- 2 oz parmigiano reggiano grated
- 1 lb ground chicken

## PANTRY

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- 8 oz dry black eyed peas
- 1 cup white rice
- 3 oz shredded coconut unsweetened
- soy sauce
- 1 lb pasta
- 1 can unsweetened coconut milk
- 28 oz tomato puree
- 4 oz cup vodka
- 4 oz Thai green curry paste

## PRODUCE

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- 4 large yellow onions
- 4 tomatoes
- 3 inch ginger root
- 2 garlic heads
- 3 Persian cucumbers
- 1 head Boston lettuce
- 1 red cabbage
- 2 carrots
- 1 lime
- 1 zucchini
- 12 oz Thai eggplantt
- 8 oz cremini mushrooms
- 8 oz snap peas
- 1 orange pepper
- 1 lime
- 1 bunch Thai basil
- 2 cilantro bunches
- 1 bunch Parsley

## SPICES

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- cumin seeds
- mustard seeds
- garam masala
- asafetida
- ground turmeric
- kashmiri red chili powder
- ground cumin
- ground coriander
- Shan Keema seasoning mix

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: INSTANT POT BLACK EYED PEAS CURRY



PREP TIME: 20 MIN  
COOK TIME: 30 MIN  
TOTAL TIME: 50 MIN  
SERVES: 6

## INGREDIENTS

- 1 cup dry black-eyed peas 3 cups soaked
  - 1/2 teaspoon cumin seeds
  - 3 tablespoon shredded coconut unsweetened
  - 1 medium onion roughly chopped
  - 1 large ripe tomato quartered
  - 1 inch ginger
  - 8 garlic cloves
  - 1 tablespoon cooking oil
  - 1/2 teaspoon mustard seeds
  - 1/8 teaspoon asafetida optional
  - 1/4 teaspoon ground turmeric
  - 1 tablespoon Kashmiri red chili powder
  - 1/2 teaspoon ground cumin
  - 1/2 teaspoon ground coriander
  - 1 teaspoon garam masala
  - 2 teaspoons kosher salt divided
  - 1/2 tablespoon jaggery or brown sugar optional
  - 2 cups water
  - 1/4 cup chopped cilantro for garnish
- Pot in pot Rice (optional)
- 1 cup white rice
  - 1.5 cups water
  - 1 teaspoon kosher salt

## INSTRUCTIONS

1. Soak black-eyed peas in 3 cups of water overnight or 6 hours. Drain all the water and keep aside.
2. Rinse and drain the rice. Add 1.5 cups of water and 1 teaspoon of salt and keep aside.
3. Blend cumin seeds, coconut, onion, tomato, ginger, and garlic to make a smooth paste.
4. Turn the Instant Pot to Saute(more) mode and heat oil. Add mustard seeds and allow them to crackle. Add asafetida and turmeric. Add the onion and tomato paste and cook for a minute stirring frequently.
5. Add red chili powder, cumin and coriander powder, garam masala, and salt. Mix well. Put a glass lid on and cook for 3-4 mins.
6. Open the glass lid and mix everything once more. Making sure no spices are stuck to the bottom of the pot.
7. Add jaggery, black-eyed peas, and water. Give a quick stir.
8. Put a tall trivet in the pot. Put the rice container on top of the trivet.
9. Close the Instant Pot lid with pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) for 8 minutes. Open after 10 mins or allow full natural pressure release.
10. Remove the rice container. Remove the trivet. Garnish with chopped cilantro. Enjoy hot!

## NOTES

- If you do not have time to soak the beans, simply increase the pressure cook time to 20 mins and allow natural pressure release. With the increased cook time you can make pot in pot brown rice instead of white rice

# Tuesday: SPICY TOFU LETTUCE WRAPS



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

## INGREDIENTS

- 2 tablespoons oil
- 1 medium yellow onion finely diced
- 1/2 tablespoon ginger grated
- 1/2 tablespoon garlic minced
- 1 plum tomato diced
- 2 to 3 tablespoons Shan Keema seasoning mix\*\*
- 1 teaspoon kosher salt
- 14 ounces extra firm tofu
- 1/2 cup cilantro chopped

Cucumber Raita:

- 1 cup plain greek yogurt
- 2 to 3 Persian cucumbers
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1 tablespoon cilantro finely chopped

To Serve:

- 1 head Boston lettuce or iceberg lettuce rinsed and pat dried
- 1 cup red cabbage thinly sliced
- 1 cup carrots thinly sliced
- 1/2 cup cilantro chopped
- 1 lime cut into wedges

## INSTRUCTIONS

1. Heat oil in a medium pan. Add onions and cook for 4 to 5 minutes on medium-high heat stirring frequently. Place a lid on the pan to speed up cooking. Add ginger and garlic cook for a minute. Add tomatoes and mix well. Cook for 2 to 3 minutes or until tomatoes become soft. Add 2 tablespoons of Shan spice mix. Tip - You can add more spice seasoning in the end after mixing in the tofu for a spicier keema. Lower the heat.
2. Stir in tofu and break it in with a spatula so that its ground and crumbly. Add salt and cook for 1 to 2 minutes. Turn the heat off. Garnish with cilantro.
3. To make the raita, whisk yogurt in a medium bowl. Peel and grate the cucumber. Add grated cucumber to the yogurt. Sprinkle salt and cumin. Mix well. Garnish with cilantro, keep chilled in the refrigerator until ready to be served.

To serve:

1. Cut the bottom stem of the lettuce so the leaves can be easily separated. If using iceberg lettuce, it is ok if each leaf gets broken into 3 to 4 pieces. Just layer 2 to 3 over each other to form a cup. Add 2 to 3 spoons of tofu keema on the lettuce cups. Garnish with purple cabbage, carrots, and cilantro. Add a squeeze of lime. Add a spoonful of raita and serve.

## NOTES

- Use 1 tablespoon Kashmiri red chili powder, 1/4 teaspoon ground turmeric, 1 teaspoon of garam masala and 1 tablespoon coriander powder as a substitute to Shan Keema seasoning mix.

# Wednesday: INSTANT POT KHEEMA PAV



## INGREDIENTS

- 1 tablespoon oil
  - 1 teaspoon cumin seeds
  - 1/2 teaspoon ground turmeric
  - 1 tablespoon garlic grated
  - 1 tablespoon ginger grated
  - 1 large yellow onion diced
  - 2 tomatoes diced
  - 2 to 3 teaspoons mild red chili powder We used Kashmiri Chili powder
  - 1 teaspoon garam masala
  - 1 teaspoon salt
  - 2 tablespoons ground coriander powder. We lightly toasted the coriander seeds and then ground them
  - 1 pound ground chicken
  - 1/2 cup cilantro chopped for garnish
- To serve:
- 1 tablespoon butter or ghee8 potato rolls

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. Turn Instant Pot to sauté (more) mode and heat oil. Add cumin seeds and toast them for 30 seconds. Add ground turmeric powder and mix well. Add ginger and garlic, mix well.
2. Add onion and sauté for a minute. Cook covered for 2 minutes with a glass lid on.
3. Add tomatoes, red chili powder, garam masala, salt and ground coriander powder. Mix well.
4. Add ground chicken and breaking it with a spatula. Add 1/2 cup of water (You can add 2 tablespoons of water for a thicker curry, but I like the extra gravy to dip the bread).
5. Cook on Manual/Pressure Cook (Hi) for 4 mins followed by Natural Pressure Release.
6. Garnish with cilantro and serve hot with potato rolls or burger buns lightly toasted with some ghee on a griddle.

## NOTES

Variations:

- Add 1/2 cup of green peas to the curry just before pressure cooking.
- Add a peeled and diced potato and sauté it with the onions. This will give more thickness to the curry.
- Add 1-2 spicy green chilies or one diced jalapeño for spicier kheema.
- Substitute ground chicken with ground lamb, turkey or beef and follow the same recipe.
- Serve as a chili topped with diced red onions, jalapeños, corn, cilantro, and a squeeze of lime for a gluten-free option.

Tip:

- When buying the rolls or buns to be served with Kheema, check the Sugar contents on the pack. As long as sugar is 2% or less the bread does not taste overly sweet and works well with Indian curries.

# Thursday: VEGETABLE THAI GREEN CURRY



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk. Add onion, zucchini, mushrooms, eggplant and salt. Stir well.
2. Close the Instant Pot lid with the pressure valve to sealing and adjust the pressure cook time to 1 minute on low pressure. If you do not have the low-pressure option, you can set the time to zero minutes.
3. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Stir in the snap peas and pepper. Add brown sugar, soy sauce and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed.
4. Cook on sauté mode until the curry comes to a gentle boil. Press cancel, garnish with cilantro & basil. Allow to cook for 5 mins before serving as the curry thickens a bit. Serve with **steamed jasmine rice**.

## NOTES

Tips:

- Add **baked tofu** for added proteins
- If you like to add proteins such as chicken or shrimp, sauté the chicken (cut into thin 1-inch strips) or shrimp along with the curry paste
- For a more soupy curry add 1/2 cup of vegetable broth along with the coconut milk

StoveTop Recipe:

1. Heat oil in a large skillet or wok. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk and 1/2 cup of water. Add onion, zucchini, mushrooms, eggplant, and salt. Stir well.
2. Cook covered on medium heat for 10 minutes or until all the veggies are cooked soft.
3. Stir in the snap peas and pepper. Add brown sugar, soy sauce, and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed. Cook uncovered on medium heat until the curry comes to a gentle boil. Garnish with cilantro & basil. **Serve with steamed rice**.

# Friday: INSTANT POT PENNE ALLA VODKA



## INGREDIENTS

- 1 pound pasta I used Trader Joe's organic brown rice penne pasta
- 28 oz tomato puree or marinara sauce
- 1 tablespoon olive oil
- 1 small onion diced
- 6 garlic cloves minced
- 1 teaspoon red pepper flakes optional
- 1/2 cup vodka
- 1 teaspoon kosher salt
- 2 cups water
- 1/2 cup heavy cream
- 1/4 cup Parmigiano Reggiano grated
- 1/4 cup Parsley chopped

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 6

## INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat oil.
2. Add onions, garlic and red pepper flakes. Mix well and cook for 2 minutes with a glass lid on.
3. Add vodka, mix well and cook for another 2 mins to reduce down the vodka.
4. Add pasta, 2 cups of water and salt. Stir well, making sure to push most of the pasta under the liquids. Layer over the tomato puree or sauce and DO NOT mix. Close the Instant Pot and Manual/pressure cook for 4 minutes (Note, the cook time on Trader Joe's brown rice pasta is 7-10 mins) followed by Quick Release.
5. Stir in cream. Add parsley and grated cheese. Mix well and Serve hot.

## NOTES

- Add enough water/broth/tomato sauce so that most of the pasta is under the liquids
- Layer the tomato puree or pasta sauce on top of the water or broth and do not mix it in
- 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 cream after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta