



*ministry
of curry*

WEEK OF:
02/01 - 02/05

Tip:
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Menu

MONDAY

Black Bean and Corn Quesadillas - VG, GF

TUESDAY

Instant Pot Pasta e Fagioli - VG

WEDNESDAY

Achari Chicken - GF, LC

THURSDAY

Chicken Noodle Soup with Kale

FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms - 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

PROTEIN & DAIRY

- 16 oz pepper jack cheese
- 4 oz parmesan cheese
- 4 oz full fat yogurt
- 1.5 pounds chicken drumsticks
- 1 pound chicken breasts

FROZEN

- 8 oz frozen corn

PANTRY

- 1 can black beans
- 8 tortillas **
- 8 oz marinara sauce
- 1 can cannellini beans
- 8 oz ditalini pasta
- 64 oz low sodium vegetable broth
- 1 pound pasta
- 3 oz tomato paste
- 32 oz low sodium chicken broth
- 8 oz egg noodles

** Buy corn tortillas for gluten free meal

PRODUCE

- 2 large yellow onions
- 1 jalapeno
- 4 carrots
- 4 celery sticks
- 2 inch ginger root
- 4 garlic heads
- 1 large yellow onion
- 1 big russet potato
- 5 oz baby spinach
- 1 small bunch parsley
- 1 lemon
- 1 pound shiitake mushrooms
- 1 cilantro bunch
- 1 small bunch parsley
- 5 oz baby kale

SPICES

- ground cumin
- fenugreek seeds
- mustard seeds
- cumin seeds
- fennel seeds
- nigella seeds
- dried whole red chilies
- ground turmeric
- Kashmiri red chilli powder

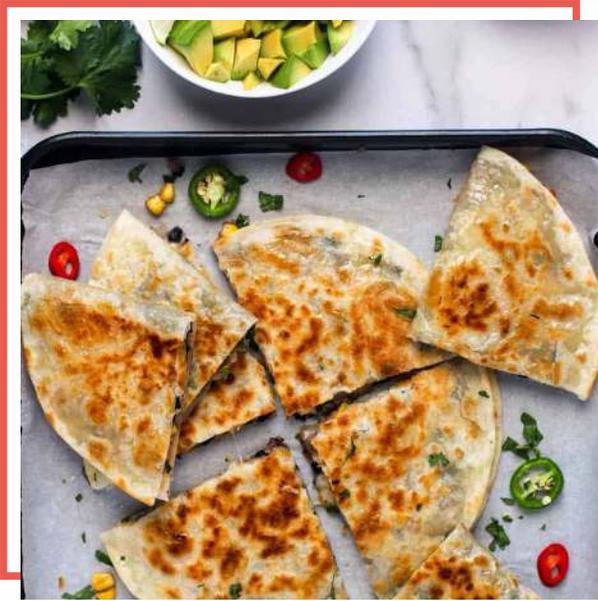
Check out the [Ministry of Curry Amazon Influencer Shop](#) to stock up on the essentials!

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

Monday: BLACK BEAN AND CORN QUESADILLAS

INGREDIENTS

- 1 medium yellow onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- 1/2 cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas **
- 2 cups pepper jack cheese shredded



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INSTRUCTIONS

Step 1 - Filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapeños. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step 2 - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:
 - a. Using one tortilla that is easier to flip
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp.
 - iii. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.
 - b. Using two tortillas
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for a large party or hungry teenagers!
 - iii. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

NOTES

- Use corn tortillas for gluten-free quesadillas. Also, Siete Foods almond flour tortillas are paleo-friendly and vegan and perfect for this recipe

Tuesday: INSTANT POT PASTA E FAGIOLI



INGREDIENTS

- 2 tablespoons olive oil
- 2 carrots peeled and sliced
- 2 celery sticks thinly sliced
- 10 garlic cloves minced
- 1 big russet potato peeled and cut into small cubes
- 1 cup tomato sauce or marinara sauce
- 1 can cannellini beans rinsed and drained
- 1 cup ditalini pasta
- 1 teaspoon dried parsley or 1 tablespoon fresh parsley
- 1/2 teaspoon crushed red pepper optional
- 4 cups vegetable broth low sodium
- 2 cups baby spinach or baby kale rough chopped (optional)

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat olive oil. Add carrots, celery and garlic. Saute for a minute.
2. Add potatoes, tomato sauce, cannellini beans, pasta, parsley, crushed red pepper and vegetable broth. Mix well.
3. Close Instant Pot with pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) for 4 mins followed by Quick Release. Add salt and pepper to taste. Stir in baby spinach and enjoy hot!

NOTES

- The pressure cook time should be half the cook time suggested on the pasta box. The soup may look watery when you open the pot, give a quick stir and the soup will thicken up as it cools down.

Wednesday: ACHARI CHICKEN



INGREDIENTS

- 1.5 pounds chicken drumsticks skin removed
- 3 tablespoons oil
- 1 teaspoon fenugreek seeds
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1/2 teaspoon nigella seeds or onions seeds
- 4 dried whole red chilies
- 1 tablespoon garlic paste
- 2 tablespoons ginger paste
- 1 large yellow onion finely sliced
- 1 & 1/2 tablespoons tomato paste
- 1/2 teaspoon ground turmeric
- 2 teaspoons Kashmiri red chili powder
- 1/4 cup water
- 1/4 cup full-fat yogurt lightly beaten
- 1 tablespoon lemon juice
- 2 teaspoons kosher salt
- 1/4 cup cilantro finely chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to Saute mode and heat oil. Add the mustard seeds and allow them to pop. Add cumin seeds, fennel seeds, nigella seeds, and fenugreek seeds. Sauté for 10 seconds.
2. Add the sliced onion and mix well. Add whole red chilies and sauté for 3 to 4 mins covered or until the onions become translucent. Next, add ginger paste, garlic paste, turmeric, chili powder, salt and mix well.
3. Add the chicken pieces and stir everything together until the chicken is coated with all the spices. Turn off saute mode, add 1/2 cup of water and deglaze the pot. Layer the tomato paste on top and do not mix.
4. Close the Instant Pot with the pressure valve to sealing. Pressure cook for 6 minutes followed by 10-minute natural pressure release.
5. Open the Instant Pot and add a few spoonfuls of hot gravy to the yogurt and stir, this will prevent the cold yogurt from splitting in the curry. Add the yogurt to the chicken and mix well. Stir in lemon juice and garnish with cilantro.

NOTES

Stovetop Directions

- Heat oil in a 4 to 6-quart heavy-bottomed pan or pot. Add the mustard seeds and allow them to pop. Add cumin seeds, fennel seeds, nigella seeds, and fenugreek seeds. Sauté for 10 seconds.
- Add the sliced onion and mix well. Add whole red chilies and sauté for 8 to 10 minutes covered or until the onions become translucent. Next, add ginger paste, garlic paste, turmeric, chili powder, salt and mix well.
- Add the chicken pieces and stir everything together until the chicken is coated with all the spices. Add 1 cup of water, tomato paste and mix well. Cook covered on medium heat for 15 to 20 minutes or until the chicken is fully cooked.
- Add a few spoonfuls of hot gravy to the yogurt and stir, this will prevent the cold yogurt from splitting in the curry. Add the yogurt to the chicken and mix well. Stir in lemon juice and garnish with cilantro. Add more salt to taste if needed.

Thursday: CHICKEN NOODLE SOUP WITH KALE



INGREDIENTS

- 1 tablespoon oil
- 2 tablespoons garlic minced
- 1 cup yellow onion finely diced
- 1 cup carrots peeled and sliced
- 1 cup celery sliced
- 1 pound chicken breasts
- 4 cups low sodium chicken broth better than bouillon chicken broth base
- 2 cups egg noodles no yolks egg white noodles
- 4 handfuls baby kale or baby spinach
- black pepper
- 1 tablespoon parsley chopped for garnish

PREP TIME: 5 MIN

COOK TIME: 25 MIN

TOTAL TIME: 30 MIN

SERVES: 4

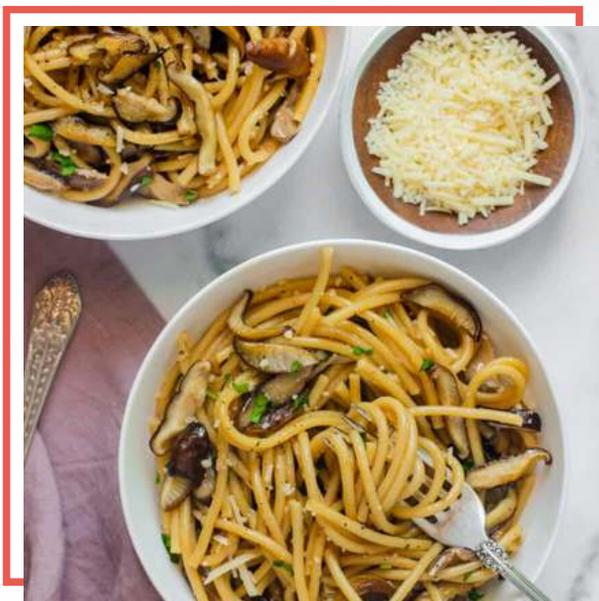
INSTRUCTIONS

1. Turn Instant Pot to Saute mode. Add oil, garlic, onion, carrots, and celery. Saute for 30 seconds. Add chicken breasts, broth and give a quick stir. Close Instant Pot lid with pressure valve to sealing. Pressure cook for 8 minutes (5 mins for thin chicken breasts) Allow natural pressure release.
2. Open the Instant Pot. Take the Chicken Breasts out and shred them with a fork.
3. Set Instant Pot to Saute mode. Add egg noodles and shredded chicken. Cook for 4-5 mins or until the egg noodles are cooked.
4. Add baby kale and stir everything together. Turn the Instant Pot off. Garnish with black pepper and fresh parsley.

NOTES

You can add any greens you like in the end. We love baby kale and baby spinach!

Friday: INSTANT POT SPAGHETTI WITH SHIITAKE MUSHROOMS



INGREDIENTS

- 4 tablespoons olive oil
- 1 pound shiitake mushrooms about 7 cups destemmed & sliced
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper add more if you like
- 2 tablespoons garlic minced
- 4 cups low sodium vegetable broth
- 1 pound pasta
- 2 tablespoons parmesan cheese grated
- 1 tablespoon parsley chopped, optional

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot on Saute normal mode and heat oil. Add the mushrooms, salt, pepper, and give a quick stir. Add 2 tablespoons of water, mix well and cook covered with a non-locking lid for 2 to 3 minutes. Take half of the mushrooms out and reserve. Move the remaining mushrooms on one side of the pot and add to the empty surface. Add garlic to the oil and cook it for a minute as it starts to release the aromas.
2. Add 1/4 cup of vegetable broth and mix well, deglazing and removing any browning on the bottom of the pot.
3. Add remaining broth, break the spaghetti in half and start layering in a criss-cross pattern. This is an important step as it prevents the spaghetti from sticking to each other.
4. Gently press the noodles so they are under the liquids. Do not mix. Layer the reserved mushrooms on top. Close the Instant Pot and pressure cook for 4 minutes followed by quick release.
5. Sprinkle cheese on top and garnish with parsley. Enjoy hot

NOTES

- Criss-cross the spaghetti noodles in the Instant Pot. This will prevent them from sticking together.
- Completely submerge the noodles in the broth. Do not mix it, but make sure all the noodles are under the broth so they can cook completely.
- Deglaze the pot with the vegetable broth and remove any browned bits. This will help the Instant Pot come to pressure and also prevent the "BURN" signal.
- Adjust pressure cook time based on the pasta you use. If the package says 8 minutes, pressure cook for 4 mins for well-cooked pasta or pressure cook for 3 mins for al dente.