



*ministry
of curry*

WEEK OF:
02/15 - 02/19

Tip:
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click on
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Menu

MONDAY

Instant Pot Spinach Dal and Rice - VG, GF

TUESDAY

Instant Pot Chicken Tortilla Soup - GF

WEDNESDAY

Instant Pot Butter Chicken - GF, LC

THURSDAY

Instant Pot Vegetable & Paneer Biryani - VG, GF

FRIDAY

Masala Mac and Cheese - 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

- | | | |
|---|---|---|
| <input type="checkbox"/> 8 oz paneer | <input type="checkbox"/> 8 oz whole milk | <input type="checkbox"/> 2 lbs boneless skinless chicken thighs |
| <input type="checkbox"/> 16 oz cheddar cheese | <input type="checkbox"/> 16 oz pepper jack cheese | <input type="checkbox"/> 1 lb boneless skinless chicken breasts |

FROZEN

- 12 oz frozen corn

PANTRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 oz red lentils | <input type="checkbox"/> 10 corn tortillas | <input type="checkbox"/> 8 oz fire roasted tomatoes |
| <input type="checkbox"/> 15 oz canned black beans | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 24 oz low sodium chicken broth |
| <input type="checkbox"/> 24 oz long grain Basmati rice | <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 1 can unsweetened full fat coconut milk |
| <input type="checkbox"/> 32 oz low sodium vegetable broth | | |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 4 plum tomatoes | <input type="checkbox"/> 1 green chili | <input type="checkbox"/> 3 garlic bulbs |
| <input type="checkbox"/> 4 curry leaves | <input type="checkbox"/> 4 oz baby spinach | <input type="checkbox"/> 1 jalapeno |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 1 carrot |
| <input type="checkbox"/> 8 oz green beans | <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 1 red pepper |
| <input type="checkbox"/> 1 bunch fresh mint | <input type="checkbox"/> 1 bunch cilantro | |
| <input type="checkbox"/> 2 jalapeños | | |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> dried fenugreek leaves | <input type="checkbox"/> whole green cardamoms |
| <input type="checkbox"/> cloves | <input type="checkbox"/> whole black peppercorns | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> ground cumin | | |

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 SPINACH DAL AND RICE

INGREDIENTS

- 1 tablespoon ghee
- ½ teaspoon cumin seeds
- ⅛ teaspoon ground turmeric
- 1 green chili chopped
- 1 tablespoon garlic minced
- 4 curry leaves optional
- 1 tomato diced
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup red lentils
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup basmati rice
- 1 teaspoon kosher salt
- 1½ cups water



PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

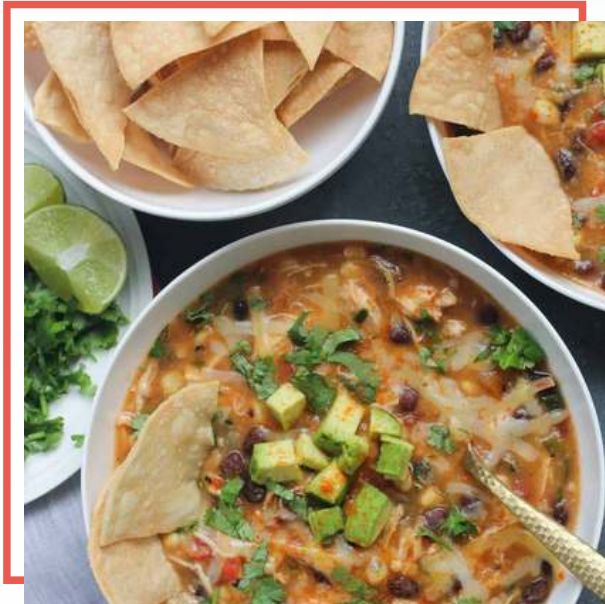
INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt, and water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped spinach and mix well. Cook on Sauté mode until the daal comes to a gentle boil.
5. Enjoy hot with **steamed basmati rice**.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.

Tuesday: INSTANT POT CHICKEN TORTILLA SOUP



PREP TIME: 10 MIN
COOK TIME: 30 MIN
TOTAL TIME: 40 MIN
SERVES: 6

INGREDIENTS

- 1 tablespoon cooking oil
- 1 medium yellow onion finely diced
- 4 corn tortillas cut into 1-inch squares
- 1 cup fire-roasted tomatoes or fresh tomato diced
- ½ jalapeno minced
- 4 garlic cloves minced
- 15 oz canned black beans rinsed and drained
- 1 cup frozen corn
- 3 cups low sodium chicken broth
- 1 teaspoon kosher salt
- 1 pound chicken breasts
- 1 teaspoon paprika optional

Garnish

- ¼ teaspoon cayenne pepper optional
- 1 cup cilantro chopped
- 1 cup pepper jack cheese shredded
- 1 avocado diced
- 1 lime

Tortilla chips

- 6 corn tortillas
- 1 tablespoon oil
- kosher salt to taste

INSTRUCTIONS

1. Add oil, onion, tortillas pieces, tomatoes, jalapeño, garlic, beans, and corn to the Instant Pot and give a quick stir. Add chicken breasts, broth, salt, and paprika. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 13 minutes on poultry mode followed by natural pressure release.
2. Open the Instant Pot, take out the chicken breasts, and shred them into small pieces with a fork. Add the shredded chicken to the soup. Turn the Instant Pot to saute mode and bring the soup to a boil. Mix well.
3. Serve the chicken tortilla soup hot, topped with cilantro, shredded pepper jack cheese and baked tortilla chips. Add a squeeze of fresh lime while serving.

To make the baked tortilla chips:

1. Cut the remaining tortillas into triangular pieces using a pizza cutter. Line the baking tray and bake for 10-15 mins, turning them once halfway through. Allow cooling.

NOTES

- Substitutes:
 - use taco seasoning instead of paprika when pressure cooking the soup
 - substitute chicken with your favorite meat, see vegetarian options below
 - skip cheese for a dairy-free tortilla soup
 - add sour cream while serving the soup
 - substitute pepper jack cheese with your favorite Mexican cheese
- Vegetarian Options:
 - To make the soup vegetarian, add another can of red or black beans, 1 cup of diced mushrooms, zucchini, and/or carrots. Pressure Cook for 5 minutes followed by quick release or natural pressure release.

Wednesday: INSTANT POT BUTTER CHICKEN



INGREDIENTS

- 2 pounds boneless skinless chicken thighs cut into 2-inch pieces
- 2 tablespoons ghee or coconut oil
- 1 large yellow onion finely chopped
- 1 tablespoon fresh ginger grated
- 1 tablespoon fresh garlic minced
- ½ teaspoon ground turmeric
- 1 tablespoon Kashmiri red chili powder
- 3 plum tomatoes pureed
- 1 can unsweetened full fat coconut milk allow these to separate - DO NOT shake. Best if left in the fridge overnight
- 2 tablespoons tomato paste
- 1 teaspoon garam masala
- 2 tablespoons dried fenugreek leaves
- 2 teaspoons sugar skip for paleo
- 1½ teaspoon kosher salt
- ½ cup cilantro chopped, for garnish

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Set Instant Pot to Saute mode and heat ghee. Add onions and salt. Cook until onions are soft and translucent for 2-3 mins (with a glass lid on to speed this process)
2. Add ginger, garlic, turmeric, and red chili powder. Mix well and cook until fragrant for 2 mins.
3. Separate the coconut cream and water. Keep the coconut cream aside. Add 1/2 cup of the watery portion of coconut milk and pureed tomatoes mixing with spices. Add chicken and stir well.
4. Close the Instant Pot lid with steam release handle to sealing. Pressure cook for 8 minutes followed by quick release. (Note: If using chicken breasts, pressure cook for 5 minutes followed by 5 minutes of natural pressure release)
5. Open the Instant Pot, stir in coconut cream, tomato paste, garam masala, fenugreek leaves, sugar, and half of the cilantro. Add more salt if needed.
6. Turn the Instant Pot to Sauté mode. Cook without the lid to allow the curry to thicken for 5 minutes. If the sauce starts to splutter, set adjust to Saute(Less).
7. Garnish with remaining cilantro. Serve the butter chicken with [Homemade Parathas](#) and [Basmati Rice](#) or [Cumin Rice](#) and [Cucumber Raita](#). For a low-carb meal serve with [Cauliflower Cumin Rice](#).

NOTES

- Instead of coconut milk, you can use ½ cup of water to pressure cook the chicken and then add heavy cream in the end to garnish
- ¾ cup of store-bought puree can be used instead of homemade tomato puree
- Skip tomato paste if you do not have it, tomato paste adds vibrant red color and thickness to the butter chicken

Vegetarian Options:

- Check out my Paneer Makhani recipe that uses the same sauce for a delicious vegetarian option

Thursday: INSTANT POT VEGETABLE & PANEER BIRYANI



INGREDIENTS

- 2 cups Extra long grain Basmati rice
- 2 cups water for soaking
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 3 teaspoons kosher salt divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped

PREP TIME: 30 MIN

COOK TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani from For You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.

Friday: MASALA MAC AND CHEESE



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Kashmiri red chili powder or any mild chili powder, add less if using a spicier variety
- 1 teaspoon **garam masala**
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 16 oz elbow macaroni
- 4 cups low sodium vegetable broth I use 4 teaspoons of Better than Boullion vegetable broth paste mixed in 4 cups of water
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 teaspoon red chili flakes optional
- 1¼ cup cilantro chopped

INSTRUCTIONS

1. Set the Instant Pot to sauté mode & heat oil. Add onions, peppers & jalapeno & saute for 3 to 4 minutes or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode & add milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the saute mode once all the cheese is melted. Garnish with red chili flakes & cilantro. Enjoy hot!

Stovetop Recipe

1. Boil the pasta as per the package instructions, drain the water, and set aside.
2. Heat oil in a large pot or work and add onions, peppers & jalapenos. Saute for 5 to 7 minutes on medium heat or until the onions turn translucent stirring frequently
3. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well cooking for another minute. Add the cooked pasta, ½ cup of water, and mix well until the pasta is heated through
4. Lower the heat to medium-low and slowly stir in milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the heat once all the cheese has melted. Garnish with red chili flakes & cilantro. Enjoy hot!

NOTES

- [Please find additional notes on the blog](#)