



*ministry  
of curry*

WEEK OF:  
01/18 - 01/24

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Paneer Kathi Roll

## TUESDAY

Instant Pot Spicy Taco Pasta

## WEDNESDAY

Thai Panang Curry - V

## THURSDAY

Vegetarian Mulligatawny Soup - V, LC, GF

## FRIDAY


Instant Pot Chickpea Biryani - GF

## COOKING ICONS

 Gluten-Free

 Low Carb

 Vegan

 Pot-in-pot

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

# Grocery Shopping List

## PROTEIN & DAIRY

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 1 lb paneer             | <input type="checkbox"/> 2 oz plain yogurt     | <input type="checkbox"/> 4 oz cheddar cheese   |
| <input type="checkbox"/> 4 oz pepper jack cheese | <input type="checkbox"/> 14 oz extra firm tofu | <input type="checkbox"/> 14 oz extra firm tofu |

## FROZEN

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

## PANTRY

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- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 1 lb pasta shells       | <input type="checkbox"/> 20 oz salsa        | <input type="checkbox"/> 48 oz low sodium vegetable broth |
| <input type="checkbox"/> 4 oz panang curry paste | <input type="checkbox"/> soy sauce          | <input type="checkbox"/> 2 cans unsweetened coconut milk  |
| <input type="checkbox"/> 3 oz masoor dal         | <input type="checkbox"/> 8 oz dry chickpeas | <input type="checkbox"/> 16 oz long grain basmati rice    |
| <input type="checkbox"/> 1 can black beans       |   |   |

## PRODUCE

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 3 red peppers   | <input type="checkbox"/> 1 green pepper        | <input type="checkbox"/> 1 orange pepper |
| <input type="checkbox"/> 1 red onion     | <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 2" ginger root  |
| <input type="checkbox"/> 2 garlic heads  | <input type="checkbox"/> 1 lime                | <input type="checkbox"/> 1 lemons        |
| <input type="checkbox"/> 2 green chiles  | <input type="checkbox"/> 1 bunch Thai basil    | <input type="checkbox"/> 1 mint bunch    |
| <input type="checkbox"/> 2 celery sticks | <input type="checkbox"/> 1 apple               | <input type="checkbox"/> 1 carrot        |
| <input type="checkbox"/> 1 cauliflower   | <input type="checkbox"/> 2 green chillies      | <input type="checkbox"/> 2 jalapeños     |
| <input type="checkbox"/> 8 oz mushrooms  |  |  |

## SPICES

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> kasoori methi | <input type="checkbox"/> taco seasoning            | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> black pepper  | <input type="checkbox"/> kashmiri red chili powder | <input type="checkbox"/> garam masala    |
| <input type="checkbox"/> cumin seeds   |  |  |

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 can black beans, rinsed and drained
- 1 pound pasta we used pasta shells
- 1 red pepper, diced
- 8 oz white mushrooms, diced
- 1 pound pasta we used pasta shells
- 2 tablespoons taco seasoning mix we love trader joe's
- 2.5 cups salsa
- 4 cups low sodium vegetable 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 black beans, diced mushrooms and peppers. Add taco seasoning and mix everything together.
3. Add salsa, 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

# 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: VEGETARIAN MULLIGATAWNY SOUP



## INGREDIENTS

- 1 tablespoon oil
- 1/2 cup yellow onion finely diced
- 1 tablespoon garlic minced
- 1/2 cup celery sticks thinly sliced
- 1/2 cup apple diced
- 1/2 cup carrots peeled and sliced
- 2 cups cauliflower cut into small inch florets
- 1/3 cup masoor dal rinsed and drained
- 2 cups low sodium vegetable broth
- 1 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 1 teaspoon black pepper
- 1 teaspoon kosher salt
- 3/4 cup coconut milk unsweetened
- 1/4 cup cilantro chopped

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 onion, garlic and celery. Saute for a minute
2. Add apple, carrots, cauliflower and lentils. Add salt, black pepper, turmeric and garam masala. Add the broth and give a quick stir. Pressure cook for 6 minutes followed by 5 mins of natural pressure release or you can do a full natural pressure release
3. Using a hand blender, blend the soup. If you like hearty texture blend only for 10 seconds. If you like it creamy, blender for a minute
4. Stir in coconut milk. Garnish with cilantro and serve hot

# Friday: INSTANT POT CHICKPEA BIRYANI



## INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 green chilies slit into half (optional)
- 1/4 teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or any mild red chili powder
- 1.5 cups water to pressure cook chickpeas
- 1 teaspoon garam masala
- 3 teaspoon kosher salt divided
- 2 cups long-grain basmati rice
- 2 cups water
- 1/2 cup mint leaves chopped
- 1/2 cup cilantro chopped + 1/4 cup for garnish

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 5

## INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat 2 tablespoons of ghee.
2. Add onions and saute for 10 mins, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 mins and keep aside.
4. Add remaining ghee to the IP with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chilies, turmeric, red chili powder, garam masala, 1 teaspoon salt and water. Mix well.
5. Close the Instant pot and turn the pressure valve to sealing. Pressure Cook for 20 minutes followed by quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, remaining salt and water. Make sure all the rice is under the water. Close the Instant Pot lid with the pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with cucumber raita and lime wedges.

## NOTES

- If the top layer of rice looks a bit undercooked, simply fluff the top layer of the rice with a fork and keep the Instant Pot for 5 more minutes.
- Use oil instead of ghee to make the Biryani vegan.
- To make simple cucumber raita, mix 2 peeled and diced persian cucumbers with 1 cup of plain yogurt and a sprinkle of salt. Garnish with chopped cilantro.
- [See recipe on blog for more variations](#)