



ministry of curry

WEEK OF:
01/25 - 01/31

Tip:
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Menu

MONDAY

Instant Pot Black Eyed Peas Curry - PIP

TUESDAY

Spicy Tofu Lettuce Wraps - LC, GF

WEDNESDAY

Mumbai Pav Bhaji




THURSDAY

Vegetable Thai Green Curry - GF, LC, V

FRIDAY

Instant Pot Penne Alla Vodka - 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

BAKERY

- 8 potato rolls

PROTEIN & DAIRY

- 1 14 ounce extra firm tofu
- 8 oz plain greek yogurt
- 4 oz heavy cream
- 2 oz parmigiano reggiano grated
- 8 oz salted butter

FROZEN

- 4 oz frozen green peas

PANTRY

- 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
- 3 oz tomato paste

PRODUCE

- 1 bunch Parsley
- 1 bunch Thai basil
- 2 bunches cilantro
- 1 cauliflower
- 1 green bell pepper
- 1 head Boston lettuce
- 1 orange pepper
- 1 red bell pepper
- 1 red cabbage
- 1 red onion
- 1 zucchini
- 12 oz Thai eggplant
- 2 carrots
- 2 garlic heads
- 2 large Yukon gold potatoes
- 3 inch ginger root
- 3 limes
- 3 Persian cucumbers
- 4 large yellow onions
- 5 tomatoes
- 8 oz cremini mushrooms
- 8 oz snap peas

SPICES

- cumin seeds
- mustard seeds
- garam masala
- asafetida
- ground turmeric
- pav bhaji masala
- ground cumin
- ground coriander
- Shan Keema seasoning mix
- Kashmiri red chili 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: 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.

Wednesday: MUMBAI PAV BHAJI



PREP TIME: 20 MIN

COOK TIME: 35 MIN

TOTAL TIME: 55 MIN

SERVES: 6

INGREDIENTS

- 2 to 4 tablespoons salted butter plus 4 tablespoons, at room temperature
- 1 large yellow onion finely diced
- 1/2 green bell pepper seeded and diced
- 1/2 red bell pepper seeded and diced (optional)
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 5 cups cauliflower florets 1-inch florets
- 2 large Yukon gold potatoes peeled and cut into 1-inch cubes
- 3 plum tomatoes cored and diced
- 1/2 cup frozen green peas
- Kosher salt
- 1 cup water
- 3 tablespoons tomato paste
- 1 to 2 tablespoon paav bhaji masala see Note
- 1 tablespoon Kashmiri red chili powder or another mild red chili powder see Note
- 1/4 teaspoon ground turmeric
- 1/2 cup fresh cilantro finely chopped
- 12 potato buns
- 1 red onion finely diced
- 1 lime cut into wedges

INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat 2 tablespoons of the butter. Add the yellow onion, ginger, garlic, and bell peppers and sauté until the onion turns translucent about 5 minutes. Add the cauliflower, potatoes, tomatoes, peas, and 2 teaspoons salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 6 minutes at high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher. Stir in the tomato paste, paav bhaji masala, red chile powder, and turmeric, followed by 2 tablespoons butter (optional but highly recommended). Cover the pot with a glass lid (or another nonlocking lid that fits), as the bhaji will start to splatter, and cook until heated through, about 5 minutes. Taste and adjust the seasoning with salt, paav bhaji masala, and chile powder if needed. Press the Cancel button to turn off the Instant Pot. Sprinkle with the cilantro.
4. Just before serving, use the remaining 4 tablespoons butter to spread 1 teaspoon room-temperature butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
5. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

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.

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
- 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