



*ministry
of curry*

WEEK OF:
03/29 - 04/02

Tip:
You can
click on
orange font



Menu

MONDAY

Mushroom Masala - V, VG, GF, LC

TUESDAY

Black Bean and Corn Quesadillas - VG

WEDNESDAY

Instant Pot Massaman Curry with Chicken - GF

THURSDAY

Chicken Kathi Rolls

FRIDAY

Instant Pot Spinach Artichoke 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"/> 2 tablespoons plain yogurt | <input type="checkbox"/> 2 oz cream cheese | <input type="checkbox"/> 16 oz pepper jack cheese shredded |
| <input type="checkbox"/> 2 oz parmesan cheese | <input type="checkbox"/> 4 oz mozzarella cheese | <input type="checkbox"/> 2½ lb chicken breasts skinless boneless |

FROZEN

- | | |
|---|---|
| <input type="checkbox"/> 8 oz frozen corn | <input type="checkbox"/> 8 Kawan parathas |
|---|---|

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 8 tortillas | <input type="checkbox"/> 4 oz massaman curry paste |
| <input type="checkbox"/> 20 whole cashews | <input type="checkbox"/> 1 oz fish sauce | <input type="checkbox"/> 1 can unsweetened coconut milk |
| <input type="checkbox"/> 1 oz brown sugar | <input type="checkbox"/> 1 cup Jasmine Rice | <input type="checkbox"/> 6 oz bottled artichoke hearts |
| <input type="checkbox"/> ½ lb macaroni shells | <input type="checkbox"/> 6 oz tomato puree | <input type="checkbox"/> 16 oz low sodium vegetable broth |
| <input type="checkbox"/> 3 oz cashews | | |

PRODUCE

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 small red pepper | <input type="checkbox"/> 1 small green pepper | <input type="checkbox"/> 5 large yellow onions |
| <input type="checkbox"/> 2 red onions | <input type="checkbox"/> 1 large russet potato | <input type="checkbox"/> 2 jalapenos |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 6 oz baby spinach | <input type="checkbox"/> 1 pound white mushrooms |
| <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 1 bunch cilantro |

SPICES

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> dried fenugreek leaves | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> Cilantro Mint Chutney |

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: MUSHROOM MASALA



INGREDIENTS

- 1 pound white mushrooms rinsed, dried, and sliced
- 2 tablespoons ghee or neutral oil for vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- $\frac{3}{4}$ cup tomato puree or 2 fresh ripe red tomatoes pureed
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- $\frac{1}{2}$ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- $\frac{1}{2}$ cup cashews
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in $\frac{1}{2}$ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with $\frac{1}{4}$ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt, and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over cauliflower rice. Add a side of **Indian cucumber salad** for a delicious meal.

NOTES

- To cook this recipe on stove top, follow the recipe using a medium-sized pot. Instead of pressure cooking simply add extra $\frac{1}{2}$ cup of water along with the mushrooms and then cook covered on medium heat for 10 to 15 minutes, or until the mushrooms are cooked through.

Tuesday: 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 jalapenos. 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

Wednesday: INSTANT POT MASSAMAN CURRY WITH CHICKEN



INGREDIENTS

- 1½ pound chicken breasts cut into 2 inch pieces
 - 1 4 ounce can massaman curry paste (maesri brand)
 - 1 tablespoon oil
 - 1 can regular unsweetened coconut milk separate cream and water
 - 1 large russet potato peeled and cut into 1 inch cubes
 - 1 medium onion sliced
 - 20 whole cashews
 - 1 teaspoon fish sauce
 - 1 teaspoon brown sugar
 - 1 teaspoon kosher salt
- Pot in Pot Rice:
- 1 cup Jasmine Rice rinsed and drained
 - 1 cup water
 - 1 teaspoon kosher salt

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INSTRUCTIONS

1. Add Jasmine rice, water and salt to a stainless steel bowl and keep aside.
2. Separate the coconut cream and watery portion of the coconut milk and keep aside.
3. Turn the Instant Pot to Saute mode and heat oil. Add the massaman curry paste and saute for 10 to 15 seconds.
4. Add chicken and mix well with the curry paste. Add potatoes, onions, cashews, fish sauce, brown sugar and salt. Add ½ cup of the separated water from the coconut milk and stir everything well.
5. Carefully place the tall trivet inside the Instant Pot. Place the prepared rice bowl on the trivet.
6. Close the Instant Pot lid with pressure value to sealing. Cook on manual/pressure cook (Hi) for 5 mins followed by 10 minute natural pressure release.
7. Open the Instant Pot, take out the rice bowl and trivet using heat resistant mitts.
- 8.
9. Stir in the reserved coconut cream. Set the Instant Pot to Saute mode and bring the curry to a gentle boil.
10. Enjoy hot over **steamed jasmine rice**.

NOTES

- Keep the coconut milk can refrigerated for a couple of hours which helps separate the cream from the watery portion

Thursday: CHICKEN KATHI ROLLS



PREP TIME: 10 MIN

COOK TIME: 20 MIN

MARINADE TIME: 20 MINS

TOTAL TIME: 50 MINS

SERVES: 4

INGREDIENTS

- 1 lb chicken breasts cut into bite-sized strips
- 2 tablespoons oil
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced
- ½ teaspoon kosher salt

Marinade Ingredients:

- 2 tablespoons plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 1 to 2 teaspoons Kashmiri red chili powder
- 1 teaspoon garam masala
- ¼ teaspoon ground turmeric
- 1 tablespoon dried fenugreek leaves Kasoori methi
- 1 teaspoon kosher salt
- 1 tablespoon fresh lemon juice

To Serve:

- 8 Kawan parathas cook per package instructions
- ½ cup [Cilantro Mint Chutney](#)
- 1 medium red onion thinly sliced
- ½ cup cilantro chopped

INSTRUCTIONS

1. Marinate the chicken: Add chicken to a bowl and stir in all the marinade ingredients. Mix well and keep aside for 20 minutes. You can also marinate it for a longer time but 2 hours is generally enough. Make sure to keep it in the refrigerator if marinating for more than 20 mins.
2. Make the filling: Heat oil in a pan. Add onions, peppers, salt and cook for 3 to 4 minutes. Add marinated chicken and mix well. Cooked covered for 3 to 4 minutes on medium heat. Take the lid off and cook for another 2 to 3 minutes until the chicken is fully cooked. Turn the heat off. Add cilantro.
3. Cook the Parathas: Heat a non-stick griddle pan. Remove the Kawan paratha from the plastic wrapping and place it on the griddle. Cook on medium-high heat for about 1 to 2 minutes on each side or until both sides are golden brown, pressing gently with a spatula.
4. Assemble Kathi Roll: Spread 2 teaspoons of chutney on the cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

NOTES

- Pat dry the chicken to remove any excess moisture before making pieces and marinating it. This will prevent the marinated chicken from becoming diluted and watery.
- [Please visit the recipe on the blog for additional notes](#)

Friday: INSTANT POT SPINACH ARTICHOKE MAC AND CHEESE



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion finely diced
- 5 garlic cloves minced
- $\frac{3}{4}$ cup artichoke hearts drained and rough chopped, I like Trader Joe's bottled marinated artichokes
- $\frac{1}{2}$ lb uncooked macaroni shells or any pasta
- 6 oz baby spinach
- 2 cups low sodium vegetable broth
- 1 cup water
- $\frac{1}{2}$ teaspoon red pepper flakes optional
- 2 oz cream cheese, room temperature room temperature
- 2 tablespoons parmesan cheese grated
- $\frac{1}{2}$ cup mozzarella cheese grated

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to sauté mode and heat oil. Add onion and mix well. Cook for 2 minutes with a glass lid on.
2. Add garlic and stir well cooking for a minute. Add artichoke hearts and sauté for another minute.
3. Add uncooked pasta, broth, and water. Mix well. Make sure that most of the pasta is under the liquids. Note: Each pasta shape is different and you may need more or less water.
4. Close Instant Pot with pressure valve to sealing. Pressure Cook mode for 4 minutes followed by Quick Release.
5. Open Instant Pot, give a quick stir to the pasta. If the pasta looks dry-ish add another cup of broth, water, or low-fat milk
6. Set the Instant Pot to sauté mode and gently fold the spinach into the pasta and cook just until the spinach starts to wilt.
7. Add cream cheese, mozzarella, and grated parmesan. Add red pepper flakes and mix everything well until the cheeses blend well in the pasta. Enjoy hot!

NOTES

- Each pasta shape requires a different amount of water.
- Make sure most of the pasta is underwater before closing the Instant pot.
- Cook time for the elbow macaroni was 9 minutes. I half the cook time for Instant Pot. Hence cooked for 4 minutes. Adjust the cooking time according to the pasta box instructions.

Bonus: HOLI RECIPES

40+ colorful Holi recipes to celebrate one of the most fun Indian festivals. From delicious desserts, snacks and light meals to a traditional Thali, check out this extensive list of lip smacking Indian foods.

GET THE RECIPES

