



*ministry  
of curry*

WEEK OF:  
05/10 - 05/14

Tip:  
You can  
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orange font



# Menu

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## MONDAY

Black Bean and Corn Quesadillas - GF

## TUESDAY

Instant Pot Pasta e Fagioli

## WEDNESDAY

Instant Pot Dum Aloo



## THURSDAY

Coconut Curry Noodle Soup - V

## FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms

## 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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- 16 oz pepper jack cheese     4 oz parmesan cheese     12 oz extra firm tofu

## FROZEN

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- 8 oz frozen corn

## PANTRY

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 1 can black beans      | <input type="checkbox"/> 8 tortillas **      | <input type="checkbox"/> 8 oz marinara sauce              |
| <input type="checkbox"/> 1 can cannellini beans | <input type="checkbox"/> 8 oz ditalini pasta | <input type="checkbox"/> 64 oz vegetable broth low sodium |
| <input type="checkbox"/> 1 pound pasta          | <input type="checkbox"/> 8 oz udon noodles   | <input type="checkbox"/> 4 oz red curry paste             |
| <input type="checkbox"/> 1 can coconut milk     | <input type="checkbox"/> 15 cashews          | <input type="checkbox"/> 32 oz low sodium vegetable broth |

\*\* Buy corn tortillas for gluten free meal

## PRODUCE

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 1 jalapeno        | <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 cilantro bunch           |
| <input type="checkbox"/> 4 carrots         | <input type="checkbox"/> 3 inch ginger root    | <input type="checkbox"/> 2 garlic heads             |
| <input type="checkbox"/> 2 celery sticks   | <input type="checkbox"/> 1 big russet potato   | <input type="checkbox"/> 3 large yellow onions      |
| <input type="checkbox"/> 5 oz baby spinach | <input type="checkbox"/> 1 red pepper          | <input type="checkbox"/> 1 pound shiitake mushrooms |
| <input type="checkbox"/> 8 oz broccoli     | <input type="checkbox"/> 10 baby potatoes      | <input type="checkbox"/> 2 tomatoes                 |

## SPICES

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

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
- ½ 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

# 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
- ½ 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 (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: INSTANT POT DUM ALOO



## INGREDIENTS

- 10 baby potatoes peeled and cored from the top (save the carved out potato pieces)
- 2 tablespoons ghee
- 1 large yellow onion finely diced
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- 2 tomatoes pureed
- ½ teaspoon ground turmeric
- ½ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- ½ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- 15 cashews
- ¼ cup warm milk or water for dairy free
- 1 tablespoon dried fenugreek leaves
- ¼ cup cilantro chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 3

## INSTRUCTIONS

1. Soak cashews in warm milk for 10 mins and set aside. Blend together to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 2 minutes with a glass lid on, stirring few times. Add ginger and garlic paste, cook for 30 seconds.
3. Add the carved out pieces from the potatoes. Add tomato puree, turmeric, red chili powder, garam masala, and salt. Cook everything on saute mode for 2 minutes with a glass lid on, stirring a couple of times.
4. With a small spoon, very carefully, as the gravy will be hot, fill the potatoes with the cooked masala/gravy and line them all in the IP insert. Add ½ cup of water. Close the Instant Pot, set on manual/pressure cook(Hi) for 8 minutes followed by Quick Release.
5. Stir in dried fenugreek leaves, cashew paste, and chopped cilantro. Set the Instant Pot to Sauté mode and mix everything together. Add salt to taste. Bring to a gentle boil and then turn the Instant Pot off. Serve with hot **parathas**.

## NOTES

- 1 cup of store-bought tomato puree can be used in place of fresh tomato puree
- For a gluten-free meal, serve with cumin cauliflower rice

# Thursday: COCONUT CURRY NOODLE SOUP

## INGREDIENTS

- 3 tablespoons coconut oil or regular cooking oil
- 12 to 10 ounces extra-firm tofu
- 1 to 2 cups red pepper cut into 2-inch long, ¼-inch thick wedges
- 1 to 2 cups broccoli cut into 1-inch small florets
- 1 large onion thinly sliced
- 8 oz noodles udon noodles or linguine
- 1 to 3 tablespoons red curry paste
- 2 carrots peeled and cut into 2-inch long, ¼-inch thick wedges
- 1 tablespoon ginger grated
- 4 cups low sodium vegetable broth we like better than bouillon broth base
- 1 can coconut milk
- 1 teaspoon kosher salt



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 5

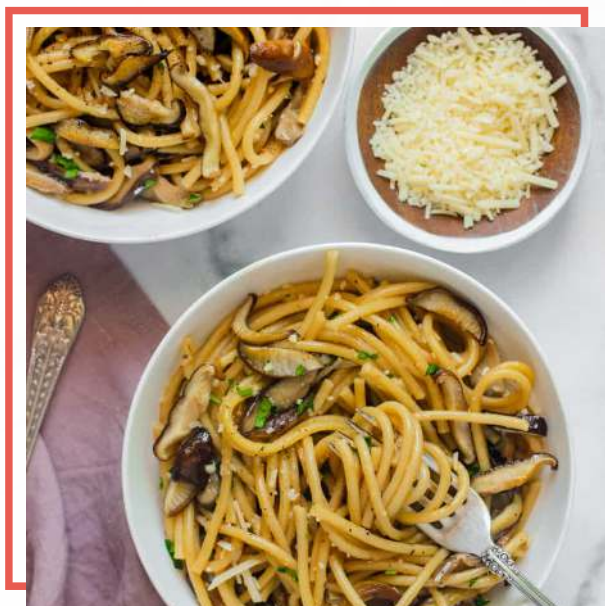
## INSTRUCTIONS

1. Cut all the veggies. Turn the Instant Pot to saute mode and heat 1 tablespoon of oil. Add onions and saute for 2 minutes. Add broccoli and peppers and saute for another 2 mins. Take all the veggies out and reserve.
2. Next step is to stir-fry tofu for which you have 2 options:
  - a. Add 1 tablespoon oil to a non-stick skillet, add the cut tofu and cook until both sides turn golden brown. Take the tofu out and reserve.
  - b. You can also stir-fry the tofu in the Instant Pot insert, just note that the tofu may stick to the bottom of the pan. Set the Instant Pot to saute mode and heat 1 tablespoon oil. Add the tofu and cook for 2 minutes on each side or until both sides turn golden brown. Take the tofu out and reserve. Deglaze the pot really well before moving on to the next step.
3. Add remaining 1 tablespoon oil to the Instant Pot and add red curry paste. Saute for 30 seconds. Add carrots, noodles, broth, and coconut milk. Add ginger and salt. Gently stir pushing all the noodles under the liquids.
4. Close the Instant Pot with pressure valve to sealing set to Pressure Cook/Manual for 3 minutes. Note: read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins). Quick release. Stir in cooked tofu and veggies. Set the Instant Pot to saute mode and cook until the soup comes to a gentle boil. Adjust salt and pepper to taste.

## NOTES

- Please visit the recipe on the blog for notes and a stovetop version.

# 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
- ½ 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 ¼ 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.