



*ministry
of curry*

WEEK OF:
05/17 - 05/21

Tip:
You can
click on
orange font



Menu

MONDAY

Paneer Kathi Roll

TUESDAY

Spicy Tofu Lettuce Wraps - GF, LC

WEDNESDAY

Vegan Thai Massaman Curry - GF, LC

THURSDAY

Instant Pot Mixed Lentils & Vegetables Khichdi - GF

FRIDAY

Instant Pot Pasta with Tomato Cream Sauce

COOKING ICONS

(GF) Gluten-Free (LC) Low Carb (V) Vegan (PIP) Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 1 lb paneer | <input type="checkbox"/> 8 oz plain greek yogurt | <input type="checkbox"/> 4 oz plain yogurt |
| <input type="checkbox"/> 8 oz heavy cream | <input type="checkbox"/> 2 oz parmesan cheese | <input type="checkbox"/> 14 ounces extra firm tofu |

FROZEN

- | | | |
|---|--|---|
| <input type="checkbox"/> 8 kewan parathas | <input type="checkbox"/> 2 oz shredded coconut | <input type="checkbox"/> 4 oz frozen green peas |
|---|--|---|

PANTRY

- | | | |
|--|---|--|
| <input type="checkbox"/> 4 oz massaman curry paste | <input type="checkbox"/> 20 raw cashews | <input type="checkbox"/> 1 can full fat unsweetened coconut milk |
| <input type="checkbox"/> 2 oz soy sauce | <input type="checkbox"/> 4 oz roasted peanuts | <input type="checkbox"/> 1 lb penne pasta |
| <input type="checkbox"/> 8 oz short grain white rice | <input type="checkbox"/> 16 oz marinara sauce | <input type="checkbox"/> 16 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz mixed lentils moong, masoor, toor and chana daal | | |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 1 small red pepper | <input type="checkbox"/> 1 small green pepper |
| <input type="checkbox"/> 1 orange pepper | <input type="checkbox"/> 3 large yellow onions | <input type="checkbox"/> 1 medium red onion |
| <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 2 bunches cilantro |
| <input type="checkbox"/> 1 bunch Thai basil leaves | <input type="checkbox"/> 1 bunch mint | <input type="checkbox"/> 2 green chiles |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 medium potato |
| <input type="checkbox"/> 1 red potato | <input type="checkbox"/> 1 medium sweet potato | <input type="checkbox"/> 5 oz broccoli |
| <input type="checkbox"/> 4 oz snow peas | <input type="checkbox"/> 3 carrots | <input type="checkbox"/> 4 oz green beans |
| <input type="checkbox"/> 1 small red cabbage | <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 small cauliflower |
| <input type="checkbox"/> 2 oz spinach | <input type="checkbox"/> 1 head Boston lettuce | <input type="checkbox"/> 3 Persian cucumbers |

SPICES

- | | | |
|---|--|--|
| <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> kasoori methi |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> red chili flakes | <input type="checkbox"/> parsley | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> 3 tablespoons Shan Keema seasoning mix | | |

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:
- ¼ 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
 - ¼ 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
 - ½ cup cilantro chopped
- Mint Cilantro Chutney
- ½ cup cilantro
 - ¼ cup mint leaves
 - 2 tablespoons unsweetened coconut frozen or dry
 - 1 garlic clove
 - ½ 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 ½ 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 1½ 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: 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
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- 1 plum tomato diced
- 2 to 3 tablespoons Shan Keema seasoning mix**
- 1 teaspoon kosher salt
- 14 ounces extra firm tofu
- ½ cup cilantro chopped

Cucumber Raita:

- 1 cup plain greek yogurt
- 2 to 3 Persian cucumbers
- ¼ teaspoon salt
- ¼ 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
- ½ 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: VEGAN THAI MASSAMAN CURRY



PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

- 1 tablespoon oil
- 4 oz massaman curry paste Maesri brand
- 1 can unsweetened coconut milk full fat
- 1 medium yellow onion sliced
- 1 medium potato red or russet variety peeled and cut into 1 to 1½-inch cubes
- 1 medium sweet potato peeled and cut into 1 to 1½-inch cubes
- 20 cashews raw and unsalted optional
- 1 teaspoon kosher salt
- 1 teaspoon soy sauce
- 1 teaspoon brown sugar optional
- ½ cup broccoli small inch florets
- ½ cup thinly sliced orange pepper 2-inch pieces
- ½ cup snow peas or green beans, cut into 2-inch pieces
- ¼ cup roasted cashews or peanuts rough chopped, optional
- ¼ cup cilantro or Thai basil leaves chopped

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add the curry paste and saute for 30 seconds. Stir in the coconut milk and mix well. Press Cancel as you stir the milk.
2. Add onion, potatoes, cashews, and salt. Give a quick stir and close the Instant Pot with the pressure valve to sealing. Pressure cook (Hi) for 4 minutes followed by a quick release.
3. Open the Instant Pot and stir in soy sauce, brown sugar, broccoli, peppers, and snow peas. Cook on saute for another 2 minutes or just until the curry comes to a gentle boil.
4. Garnish with cilantro, Thai basil, and additional nuts. Serve hot with steamed [Jasmine rice](#).

NOTES

Stovetop recipe:

1. Heat oil in a medium-sized wok. Add the curry paste and saute for 30 seconds. Stir in the coconut milk and mix well.
2. Add onion, potatoes, cashews, and salt. Add 1/2 cup of water, give a quick stir, and cook covered for 10 to 15 minutes on medium heat. Cook until the potatoes are cooked soft and tender and can be easily cut with a fork.
3. Stir in soy sauce, brown sugar, broccoli, peppers, and snow peas. Cook for 4 to 5 minutes on medium-high heat or just until the curry comes to a gentle boil.
4. Garnish with cilantro, Thai basil, and additional nuts. Serve hot with steamed [Jasmine rice](#).

Thursday: INSTANT POT MIXED LENTILS & VEGETABLES KHICHI



INGREDIENTS

- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 tablespoon ginger
- 1 carrot peeled and sliced
- ¼ cup green beans chopped
- ¼ cup frozen green peas
- 1 red potato cubed
- 1 tomato diced
- 1 cup cauliflower chopped
- 1 cup cabbage chopped
- 1 cup spinach chopped
- ½ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 2 teaspoons kosher salt
- 1 cup white rice
- 1 cup mixed lentils moong, masoor, toor and chana daal
- 6 cups water
- ¼ cup cilantro chopped, for garnish

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MINS

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute Mode and heat ghee. Add cumin seeds and ginger.
2. Cook for 30 seconds. Add all the vegetables - carrots, beans, peas, tomato, potato, cauliflower, cabbage, and spinach.
3. Add turmeric, red chili powder, and salt. Mix well.
4. Next, add the rice and mixed lentils. Add 6 cups of water. Give a quick stir and close the Instant Pot lid with the pressure valve to Sealing.
5. Press the rice button (12 mins) followed by natural pressure release. Open the Instant Pot and garnish with cilantro. Serve hot with roasted papad and pickle.

Friday: INSTANT POT PASTA WITH TOMATO CREAM SAUCE



INGREDIENTS

- 1 pound uncooked Penne Rigate (~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- ½ teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- ¼ cup basil or parsley chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 6

INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

NOTES

- We are using a full box of pasta in this recipe.
- Using penne pasta in this recipe, which has stove cook time of 10 minutes. To adjust for Instant Pot cook time - Divide the cook time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
- Always have enough water or broth to cover most of the pasta underwater. Depending on the shape of pasta you may need more or less liquids.