



ministry of curry

WEEK OF:
04/19 - 04/23

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Menu

MONDAY

Mumbai Pav Bhaji - VG

TUESDAY

Instant Pot Chicken Enchilada Quinoa - GF

WEDNESDAY

Instant Pot Chicken Tikka Masala - GF

THURSDAY

Vegetarian Pad Thai - V, GF

FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms - VG


COOKING ICONS

 GF) Gluten-Free

 LC) Low Carb

 VG) Vegetarian

 V) Vegan

 PIP) Pot-in-pot

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

Grocery Shopping List

BAKERY

- 12 potato buns

PROTEIN & DAIRY

- 2 eggs
- 2 oz plain yogurt
- 1 pound ground chicken
- 2 oz parmesan cheese
- 4 oz cream
- 1½ pounds chicken breasts boneless skinless
- 8 oz pepper jack cheese
- 14 oz Extra Firm Tofu

FROZEN

- 4 oz green peas
- 8 oz frozen corn

PANTRY

- 3 oz tomato paste
- 4 oz peanuts
- 8 oz white organic quinoa
- 8 oz enchilada sauce
- 8 oz rice noodles
- 1 pound pasta
- 1 can black beans
- 6 oz Pad Thai Sauce
- Better Than Bouillon Vegetable Base
- 1 can diced fire roasted tomatoes

PRODUCE

- 4 yellow onions
- 1 red bell pepper
- 2 garlic bulbs
- 6 plum tomatoes
- 3 limes
- 1 jalapeno
- 1 red onion
- 1 yellow pepper
- 1 cauliflower
- 2 bunches cilantro
- 1 lemon
- 1 avocado
- 1 green pepper
- 4" ginger root
- 2 large potatoes
- 1 bunch scallions
- 12 oz bean sprouts
- 1 pound shiitake mushrooms

SPICES

- pav bhaji masala
- garam masala
- dried fenugreek leaves
- Kashmiri red chili powder
- cumin
- ground turmeric
- taco seasoning

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: 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.

Tuesday: INSTANT POT CHICKEN ENCHILADA QUINOA



PREP TIME: 10 MIN
COOK TIME: 25 MIN
TOTAL TIME: 35 MIN
SERVES: 5

INGREDIENTS

- 1 pound ground chicken
- 1 cups uncooked quinoa
- 1 can 15-ounce black beans, drained and rinsed
- 1 cup frozen corn
- 1 can 15-ounce diced fire-roasted tomatoes
- 2 cloves garlic minced
- 1 medium onion chopped
- 1 jalapeno pepper finely chopped
- 2 cups water
- 1 cup enchilada sauce
- 1 tablespoon taco seasoning
- 1 teaspoon cumin

Optional Garnish

- 3 green onions chopped
- ¼ cup fresh cilantro chopped
- 1 avocado peeled and diced
- 1 cup shredded pepper jack cheese or Mexican cheese
- 4 lime wedges

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat 1 tablespoon of oil. Add ground chicken and break it in with a spatula. Add quinoa, black beans, corn, tomatoes, garlic, onion, jalapeños, water, enchilada sauce, taco seasoning, and cumin.
2. Mix well, breaking in any lumps of ground chicken. Close the Instant Pot with pressure release valve to sealing. Set the Instant Pot to Manual/Pressure Cook (Hi) for 4 minutes. Allow 10 minutes of natural pressure release. Open the Instant Pot and mix the enchilada quinoa. Garnish with cilantro and scallions.
3. Serve with diced avocados, pepper jack cheese and a squeeze of fresh lime.

Wednesday: INSTANT POT CHICKEN TIKKA MASALA



PREP TIME: 10 MIN

COOK TIME: 30 MIN

MARINATE TIME: 20 MIN

TOTAL TIME: 60 MIN

SERVES: 5

INGREDIENTS

- Marinate:
- 1½ pounds chicken breasts
- 1½ teaspoons kosher salt
- 1 tablespoon lemon juice
- 2 tablespoons plain yogurt
- 2 teaspoons Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 1 teaspoon oil for basting
- Sauce/Curry:
- 2 tablespoons butter or oil
- 2 medium yellow onions diced
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 3 plum tomatoes chopped or 1.5 cups diced or pureed tomatoes
- ¼ teaspoon ground turmeric
- 1 teaspoon kosher salt
- 1 to 2 teaspoon Kashmiri red chili powder
- ½ to 1 teaspoon **garam masala**
- ½ cup cream
- 1 tablespoon dried fenugreek leaves kasoori methi
- 2 teaspoons sugar optional
- ½ cup cilantro chopped for garnish

INSTRUCTIONS

1. Make 2 to 3 slits in the chicken breasts. Apply salt and lemon juice to the chicken breasts. Mix yogurt, red chili powder, garam masala, ginger, and garlic. Apply evenly to the chicken breasts and allow to marinate for 20 minutes or refrigerate if marinating ahead of time. Marinating chicken for 4-5 hours or overnight works well.
2. Set the Instant Pot to Saute mode and heat butter or oil. Add onions and saute for 2 minutes. Add ginger, garlic and mix well. Add tomatoes, turmeric, salt red chili powder, and garam masala. Mix well. Press Cancel. Add 2 tablespoons of water. Deglaze the pot if needed.
3. Place the tall trivet in the main pot. Place the marinated chicken over the trivet. Baste the chicken with oil. Close the Instant Pot with the pressure valve to sealing. Pressure Cook for 8 minutes followed by 10-minute natural pressure release.
4. Open the Instant Pot. Take the chicken and the trivet out. Using an immersion blender, blend the sauce until smooth and bring the sauce to boil on saute mode.
5. Stir in cream, fenugreek leaves, and sugar. Note the optional step is to broil the cooked chicken for 5 minutes to get some char marks. Cut the chicken into 2-inch pieces and add them to the sauce. Set the Instant Pot to saute mode and bring the sauce to a gentle boil. The sauce will thicken further as it cools down. Garnish with cilantro.

NOTES

- Use plain full fat or greek yogurt for the marinade
- Pat dry the chicken to avoid extra liquids in the marinade
- Discard any leftover marinade or brush it on the chicken for spicier curry
- 1 cup of pureed tomatoes can be substituted for fresh tomatoes
- Homemade **garam masala** brings out the best flavors
- Any mild red chili powder can be substituted for Kashmiri red chili powder

Thursday: VEGETARIAN PAD THAI



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MINS

SERVES: 4

INGREDIENTS

- 8 oz rice noodles A Taste of Thai linguini rice noodles
- 5 cups water
- 3 tablespoons oil
- 1 tablespoon garlic minced
- 1 bunch scallions
- 1 small red pepper
- 1 small yellow pepper
- 2 eggs whisked
- 14 oz Extra Firm Tofu baked
- 6 oz Pad Thai Sauce **
- 3 cups bean sprouts
- ½ cup peanuts roasted and coarsely chopped
- ½ cup cilantro finely chopped
- ½ lime cut into 4 wedges

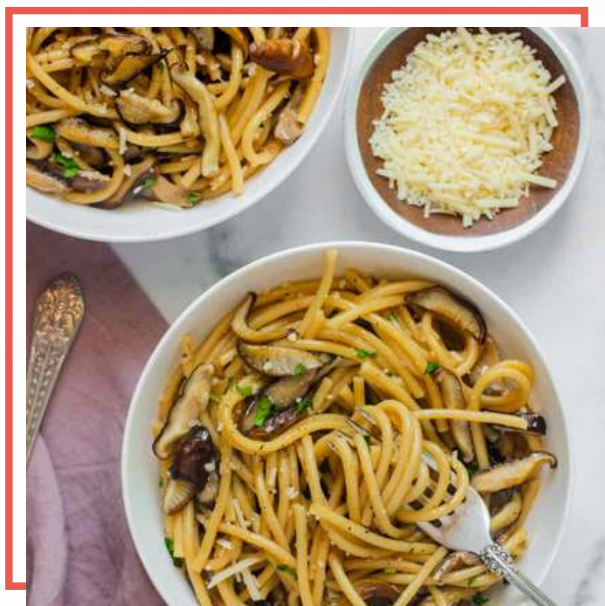
INSTRUCTIONS

1. Bring 5 cups of water to a full boil. Place the rice noodles in a bowl and pour hot water over them. Mix with a fork so the noodles separate and not stick to each other. Soak for 10 minutes. Drain the noodles and reserve. Note: Follow instructions on the package if you are using a different variety of rice noodles.
2. While the noodles are soaking, prep the vegetables. Cut the white portion of the scallions and chop into thin strips. Dice the green part of the scallions and reserve. Thinly slice the peppers, ½ cup each of red and yellow.
3. Heat half of the oil in a large wok over high heat. Add garlic, white scallions, and peppers. Cook for 2 minutes as the garlic gets aromatic. Move the veggies to one side of the wok and add the remaining oil in the middle of the wok. Add eggs and scramble them as they start to cook.
4. Next add the cooked noodles, baked tofu, and the Pad Thai Sauce. Mix well with a pair of tongs, tossing the noodles well in the sauce and all the other ingredients. Cook for 2 to 3 minutes or until the noodles are heated through.
5. Add bean sprouts. Add half of the chopped green scallions, half of the peanuts, and half of the cilantro. Mix everything together. Serve hot topped with the remaining scallions, peanuts, cilantro, and lime wedges.

NOTES

- Our favorite Pad Thai sauce is from the Maesri brand. It's available in Asian grocery stores and on Amazon. It comes in a 9 oz jar and you can add more to taste.
- The second choice for store-bought sauce would be Thai Kitchen Pad Thai Sauce. It's a bit on the sweeter side but you can add 1 tablespoon chili garlic paste to balance the sweetness.
- [Visit the blog for homemade Pad Thai Sauce!](#)

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 1/4 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.