



*ministry  
of curry*

WEEK OF:  
04/19 - 04/23

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# Menu

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## MONDAY

Mumbai Pav Bhaji

## TUESDAY

Black Bean and Corn Quesadillas - GF

## WEDNESDAY

Paneer Butter Masala - GF





## THURSDAY

Vegetarian Pad Thai - V, GF

## 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

## BAKERY

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12 potato buns

## PROTEIN & DAIRY

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2 eggs

2 oz parmesan cheese

16 oz pepper jack cheese

4 oz heavy cream

14 oz Extra Firm Tofu baked

1 pound paneer

## FROZEN

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4 oz green peas

8 oz corn

## PANTRY

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6 oz tomato paste

8 oz canned tomato puree

8 oz rice noodles

6 oz Pad Thai Sauce

4 oz peanuts

Better Than Bouillon Vegetable Base

1 pound pasta

1 can black beans

8 tortillas

## PRODUCE

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3 yellow onions

1 red onion

2 large potatoes

1 green pepper

1 red bell pepper

1 yellow pepper

2" ginger root

2 garlic bulbs

1 cauliflower

3 plum tomatoes

1 bunch cilantro

1 bunch scallions

2 limes

12 oz bean sprouts

1 pound shiitake mushrooms

1 jalapeno

## SPICES

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paav bhaji masala

ground cumin

ground turmeric

garam masala

Kashmiri red chili powder

dried fenugreek leaves optional

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: 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 jalapeños. 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: PANEER BUTTER MASALA



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

## INGREDIENTS

- 2 tablespoons ghee
- 1 large yellow onion finely diced
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 2 teaspoons Kashmiri red chili powder or another mild red chili powder
- 1½ teaspoon kosher salt
- ½ teaspoon ground turmeric
- 1 cup canned tomato puree
- ½ cup water
- 1 pound paneer cut into 1/2-inch cubes
- ½ cup heavy cream \*\*
- 2 tablespoons tomato paste
- 2 tablespoons dried fenugreek leaves optional
- 2 teaspoons sugar
- 1 teaspoon **garam masala**
- ½ cup chopped fresh cilantro

## INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion, ginger, garlic, chile powder, salt, and turmeric and sauté until aromatic, about 1 minute. Add the tomato puree and water and stir to combine. Layer over the garam masala, but do not mix.
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 8 minutes on high pressure.
3. Perform a quick release by moving the Pressure Release Valve to Venting. Open the pot and blend the sauce to a smooth consistency using an immersion blender. Stir in the paneer, cream, tomato paste, fenugreek leaves, and sugar. Select the high Sauté setting and cook until the curry comes to a gentle boil, about 5 minutes. Press the Cancel button to turn off the Instant Pot. Garnish with cilantro & serve.

Serving

1. Serve with **basmati rice** and **parathas**. For a low carb meal serve with **turmeric cauliflower rice** or **lemon cauliflower rice**

## NOTES

- There is no good substitute for fenugreek leaves. So if you don't have them, just skip
- You can also use fresh tomatoes instead of tomato puree. Simply puree ripe tomatoes in a blender
- Heavy cream can be substituted with unsweetened coconut cream or cashew cream. See my Dum aloo recipe to see how to make quick 5-minute homemade cashew cream
- You can substitute ghee with any neutral oil or butter if you like
- To make this dish vegan, use tofu instead of paneer and use the above ghee and cream substitutes
- Do not pressure cook Paneer as it can make it chewy. Simply allow the paneer cubes to soak in the hot sauce for 5 to 10 mins

# 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

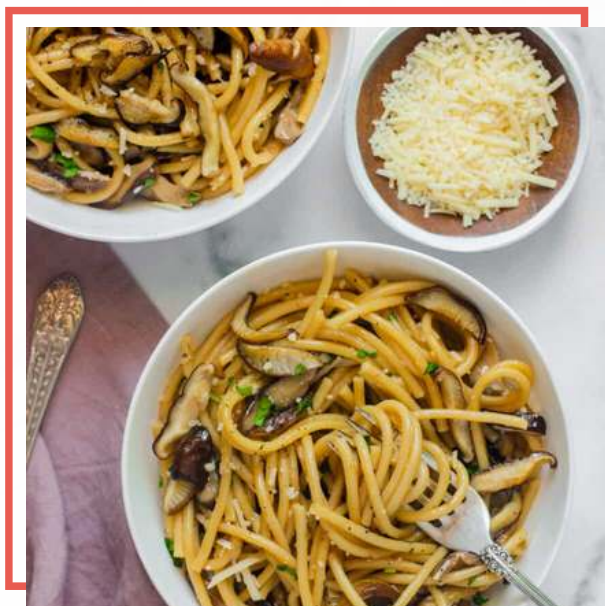
## INSTRUCTIONS

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.