



*ministry
of curry*

WEEK OF:
05/17 - 05/21

Tip:
You can
click on
orange font



Menu

MONDAY

Paneer Kathi Roll - VG

TUESDAY

Instant Pot Spicy Taco Pasta

WEDNESDAY

Vegan Thai Massaman Curry - VG, GF, LC

THURSDAY

Instant Pot Egg Biryani - GF

FRIDAY

Instant Pot Pasta with Tomato Cream Sauce - 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"/> 1 lb paneer | <input type="checkbox"/> 6 large eggs | <input type="checkbox"/> 1 lb plain yogurt |
| <input type="checkbox"/> 8 oz heavy cream | <input type="checkbox"/> 2 oz parmesan cheese | <input type="checkbox"/> 4 oz cheddar cheese |
| <input type="checkbox"/> 4 oz pepper jack cheese | <input type="checkbox"/> 1 lb ground chicken | |

FROZEN

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

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"/> 1 lb pasta shells | <input type="checkbox"/> 16 oz marinara sauce | <input type="checkbox"/> 16 oz low sodium vegetable broth |
| <input type="checkbox"/> 20 oz salsa | <input type="checkbox"/> 16 oz basmati rice | <input type="checkbox"/> 32 oz low sodium chicken broth |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 small red pepper | <input type="checkbox"/> 1 small green pepper | <input type="checkbox"/> 1 orange pepper |
| <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 2 medium red onions | <input type="checkbox"/> 2 inch ginger root |
| <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 2 cilantro bunches | <input type="checkbox"/> 1 bunch mint |
| <input type="checkbox"/> 1 bunch Thai basil | <input type="checkbox"/> 2 green chiles | <input type="checkbox"/> 2 jalapeños |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 medium potato | <input type="checkbox"/> 1 medium sweet potato |
| <input type="checkbox"/> 5 oz broccoli | <input type="checkbox"/> 4 oz snow peas | <input type="checkbox"/> 2 tomatoes |

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"/> black peppercorns |
| <input type="checkbox"/> bay leaves | <input type="checkbox"/> saffron | <input type="checkbox"/> 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: 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: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 2 tablespoon cooking oil
- 1 large onion diced
- 1 to 2 jalapeños diced
- 1 pound ground chicken
- 1 pound pasta we used pasta shells
- 2 tablespoon taco seasoning mix, we love trader joe's
- 2.5 cup salsa
- 4 cups low sodium chicken broth
- ½ cup cilantro chopped
- ½ cup cheddar cheese grated
- ½ cup pepper jack cheese grated

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 7

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add ground chicken. Break chicken with the spatula. Add taco seasoning and mix everything together.
3. Add salsa, chicken broth, and pasta. Mix well and with the spatula push the pasta under the liquids. Make sure most of the pasta is under liquids for the pasta to cook well.
4. Close Instant Pot with pressure valve to sealing. Pressure cook for 3 mins. Note: Cook time for the pasta shells we used was 7 minutes.
5. Quick release and open Instant Pot. Stir in the cheeses and garnish with cilantro.

NOTES

Here are my tips for a perfectly cooked Instant Pot Spicy Taco Pasta:

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cheese after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta

Vegetarian Variation

- This versatile recipe is easy to make vegetarian:
- Substitute ground chicken with soy granules or a can of rinsed and drained black beans and a cup of frozen corn or diced mushrooms or zucchini
- Stir in diced red/green/yellow/mixed peppers after the pressure cooking cycle is complete

Wednesday: VEGAN THAI MASSAMAN CURRY



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 1.5-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

PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

SERVES: 4

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 EGG BIRYANI



PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MINS

SERVES: 4

INGREDIENTS

- 2 cups basmati rice
- 6 large eggs
- 2 tablespoons ghee
- 2 yellow onions medium, thinly sliced
- 1 teaspoon cumin seeds
- ½ teaspoon black peppercorns
- 2 bay leaves
- 2 teaspoons Kashmiri red chili powder
- ½ teaspoon ground turmeric
- 2½ teaspoons kosher salt
- 1½ teaspoons garam masala
- ½ cup plain yogurt
- 1½ teaspoons ginger grated
- 1½ teaspoons garlic minced
- 2 cups water
- ½ cup cilantro leaves chopped
- ¼ cup mint leaves chopped (optional)
- 1 tomato diced
- 1 pinch saffron mixed in 1 tablespoon warm milk optional

To Serve

- 4 Lemon wedges optional

Raita

- 1 medium red onion finely diced
- 1 tomato finely diced
- ¾ cup plain yogurt
- ½ teaspoon kosher salt
- 1 teaspoon sugar optional
- 1 tablespoon cilantro chopped finely

INSTRUCTIONS

1. Rinse the rice and soak in 4 cups of water for 20 minutes. Drain all the water after 20 minutes.
2. While the rice is soaking hard boil the eggs. Add 1 cup of water to the Instant Pot. Place the trivet and place eggs on top of it. Close the Instant Pot lid with the pressure valve to sealing. Set the Instant Pot to pressure cook (hi) for 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure and open the Instant Pot. Using a pair of heat-resistant mitts, carefully pick up the Instant Pot insert and place it in the sink. Run cold water for 2 minutes over the eggs or place them in an ice bath. Once the eggs are cool to handle, peel them. Make 3 shallow slits to the hard-boiled eggs and keep them aside.
3. Set the Instant Pot to saute mode and add ghee. Add onions and saute until they turn light golden brown, about 10 minutes. Take half of the onions out and reserve.
4. Deglaze the bottom of the pot to remove any browning from sauteeing the onions. Use 1 to 2 tablespoons of water to help remove any stuck browned bits as this will help the Instant Pot come to pressure properly and not show the dreaded "BURN"
5. Add cumin seeds, black peppercorns, bay leaves, and saute for a minute. Turn the Instant Pot off and add red chili powder, turmeric, salt, garam masala, ginger, garlic, mint, cilantro, tomatoes, and yogurt. Mix well once again deglazing the pot.
6. Add eggs and mix coating the eggs with spices. Add rice over and spread it evenly. Add water and stir gently making sure most of the rice is under liquids. Close the Instant Pot and turn the pressure valve to sealing. Pressure Cook (Low) for 5 minutes followed by 5 minutes natural pressure release. Release the remaining pressure and open the Instant Pot. Layer the reserved caramelized onions and saffron milk evenly on top. Garnish with remaining cilantro. Enjoy hot with a lemon wedge and raita.
7. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt, sugar and mix well. Garnish with cilantro.

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 Manual / 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.