



# ministry of curry

WEEK OF:  
05/31 - 06/04

Tip:  
You can  
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# Menu

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## MONDAY

Mumbai Pav Bhaji - VG

## TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - VG

## WEDNESDAY

Instant Pot Chicken Tortellini Soup - GF, LC

## THURSDAY

Instant Pot Vegetable Kurma - GF, V

## FRIDAY

Thai Basil Fried Rice - GF, V


## 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

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- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 8 oz butter                    | <input type="checkbox"/> 8 oz pepper jack cheese | <input type="checkbox"/> 4 oz grated parmesan                      |
| <input type="checkbox"/> 10 oz fresh spinach tortellini | <input type="checkbox"/> 14 oz extra firm tofu   | <input type="checkbox"/> 1 pound chicken breasts skinless boneless |

## BAKERY

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- |   |  |
|---|--|
| <input type="checkbox"/> 12 potato buns | <input type="checkbox"/> 8 whole wheat tortillas |
|---|--|

## FROZEN

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- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 4 oz green peas | <input type="checkbox"/> 16 oz mixed vegetables | <input type="checkbox"/> 4 oz shredded coconut frozen |
|--|---|---|

## PANTRY

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 3 oz tomato paste | <input type="checkbox"/> 6 raw cashews           | <input type="checkbox"/> 1 oz split roasted chickpeas |
| <input type="checkbox"/> 1 oz poppy seeds  | <input type="checkbox"/> 3 cups Jasmine rice     | <input type="checkbox"/> 1 oz low sodium soy sauce    |
| <input type="checkbox"/> 1 oz hoisin sauce | <input type="checkbox"/> 1 oz chili garlic sauce | <input type="checkbox"/> 12 oz marinara sauce         |

## PRODUCE

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- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 1 medium red onion   | <input type="checkbox"/> 3 large potatoes          |
| <input type="checkbox"/> 1 green bell pepper   | <input type="checkbox"/> 2 red bell peppers   | <input type="checkbox"/> 1 yellow bell pepper      |
| <input type="checkbox"/> 2 inch ginger root    | <input type="checkbox"/> 3 garlic bulbs       | <input type="checkbox"/> 1 cauliflower             |
| <input type="checkbox"/> 5 plum tomatoes       | <input type="checkbox"/> 1 bunch cilantro     | <input type="checkbox"/> 1 bunch Thai basil leaves |
| <input type="checkbox"/> 1 lime                | <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 12 oz baby spinach        |
| <input type="checkbox"/> 2 green chilies       | <input type="checkbox"/> 1 thai red chili     | <input type="checkbox"/> 3 carrots                 |

## SPICES

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> paav bhaji masala   | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> fennel seeds        | <input type="checkbox"/> onion powder              | <input type="checkbox"/> cloves          |
| <input type="checkbox"/> green cardamom pods | <input type="checkbox"/> Indian bay leaf           | <input type="checkbox"/> cinnamon stick  |
| <input type="checkbox"/> dried parsley       |  |  |

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
- ½ green bell pepper seeded and diced
- ½ 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
- ½ 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
- ¼ teaspoon ground turmeric
- ½ 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: SPINACH, MUSHROOM, AND ONION QUESADILLAS



## INGREDIENTS

- 1 large onion thinly sliced
- 8 oz white mushrooms rinsed, dried and sliced
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tablespoons oil
- 8 whole wheat tortillas
- 1 teaspoon red chili flakes optional

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. In a large skillet over medium heat, add 1 tablespoon oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Do not cover after adding the mushrooms so any excess moisture can be evaporated. Add the spinach, little bit at a time, and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides, and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place the second tortilla on top of the cheese and press it gently with the spatula. Add a few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

# Wednesday: INSTANT POT CHICKEN TORTELLINI SOUP

## INGREDIENTS

- 1 tablespoon olive oil
- 2 tablespoons garlic minced
- 1 medium onion diced
- 3 medium carrots peeled and sliced
- 1½ cups tomato sauce love Rao's marinara
- 1 pound skinless, boneless chicken breasts or thighs
- 2 teaspoons kosher salt
- 2 cups water divided
- 10 oz fresh spinach tortellini
- 1 teaspoon dried parsley or fresh optional
- 1 teaspoon red pepper flakes optional
- 4 ounces baby spinach or baby kale
- 2 tablespoons grated parmesan optional



PREP TIME: 5 MIN

COOK TIME: 35 MIN

TOTAL TIME: 40 MIN

SERVES: 5

## INSTRUCTIONS

1. Set the Instant Pot to Saute mode and heat oil. Add garlic, onion, carrots, tomato sauce, chicken, salt, and water. Give a quick stir. Secure lid with pressure valve to sealing.
2. Select the Manual / Pressure Cook (Hi) setting and adjust the cook time to 8 minutes. Allow natural pressure release.
3. Open the Instant Pot, take the chicken out, and shred. Set Instant Pot to saute(more) mode. Optional step - blend the soup partially (about 30 seconds) for a creamier texture using an immersion blender.
4. Add tortellini and cook for 2 minutes (follow instructions on the package). Add shredded chicken, parsley, and red pepper flakes. Add more water to bring the soup to the desired consistency. I add one cup of water.
5. Fold in spinach and bring the soup to a gentle boil. Press Cancel. Enjoy hot with grated parmesan.

## NOTES

- For Fresh Pasta's saute mode using the instructions on the pasta package works best as the broth is already hot.
- For dry pasta, use the pressure cook option. The general rule is to half the cook time on the package minus 1 minute. Quick Release. Then stir in chicken and greens.

# Thursday: INSTANT POT VEGETABLE KURMA



PREP TIME: 20 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MINS

SERVES: 4

## INGREDIENTS

Ingredients for Spice Paste

- 1-inch ginger roughly chopped
- 3 garlic cloves peeled
- 6 cashews
- 1 tablespoon dalia split roasted chickpeas
- 1 teaspoon poppy seeds
- 1 teaspoon fennel seeds
- ½ cup coconut frozen
- 1 to 2 green chilies
- ¼ cup water

Other Ingredients:

- 4 tablespoons oil
- 5 cloves
- 2 green cardamom pods
- 1 Indian bay leaf
- 2-inch cinnamon
- 1 medium yellow onion finely diced
- ¼ teaspoon ground turmeric
- 2 tomatoes diced
- 1 potato peeled and diced into 1/2 inch cubes
- 1 cup cauliflower cut into 1-inch florets
- 2 cups frozen mixed vegetables
- 2 teaspoons kosher salt
- 1 cup water

Garnish(optional)

- ¼ cup cilantro chopped

## INSTRUCTIONS

1. In a small blender jar add ginger, garlic, 6 cashews, dalia, poppy seeds, fennel seeds, coconut, green chili, and 1/4 cup of water. Blend together to make a smooth paste. Reserve.
2. Set the Instant Pot to Saute mode and heat oil. Add cloves, cardamom, bay leaf, and cinnamon stick. Saute for a minute or until aromatic.
3. Add onions and cook for 2-3 minutes. Place a non-locking glass lid to speed up the process. Add turmeric and tomatoes. Mix well. Turn the Saute mode off. Note - It is important to cancel the saute mode so the spice paste does not stick to the bottom of the pot. The pot is also hot at this point and the remnant heat is enough to cook the spice paste.
4. Add the spice paste and mix well deglazing the bottom of the pot. Add all the remaining vegetables, salt, and 1 cup of water. Mix well. Close the Instant Pot with pressure valve to sealing. Set the Instant Pot to Manual/Pressure Cook(Hi) for 1 minute.
5. After the pressure cooking cycle is complete quick release by moving the pressure value to Venting. Press Cancel. Open the Instant Pot and give a quick stir. Note that the curry may look watery but will start to thicken in few minutes. Garnish with cilantro.

# Friday: SPICY THAI BASIL FRIED RICE



PREP TIME: 20 MIN  
COOK TIME: 20 MIN  
TOTAL TIME: 40 MIN  
SERVES: 4

## INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu baked or stir-fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon Thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1-inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1-inch strips
- 1 cup packed Thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce

## INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant.
2. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next, add half of the Thai basil leaves and stir well. Stir in soy sauce, hoisin sauce, and chili garlic sauce.
3. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in.
4. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!