



*ministry
of curry*

WEEK OF:
06/14 - 06/18

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Spinach Dal and Rice - GF

TUESDAY

Coconut Curry Noodle Soup - V

WEDNESDAY

Paneer Butter Masala - GF, LC





THURSDAY

Instant Pot Vegetable & Paneer Biryani - GF

FRIDAY

Masala Mac and Cheese

COOKING ICONS

 Gluten-Free  Low Carb  Vegan  Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 24 oz paneer | <input type="checkbox"/> 4 oz heavy cream | <input type="checkbox"/> 8 oz milk |
| <input type="checkbox"/> 16 oz cheddar cheese | <input type="checkbox"/> 8 oz pepper jack cheese | <input type="checkbox"/> 12 oz extra firm tofu |

FROZEN

- 4 oz frozen corn

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz red lentils | <input type="checkbox"/> 8 oz udon noodles | <input type="checkbox"/> 24 oz long grain basmati rice |
| <input type="checkbox"/> 4 oz red curry paste | <input type="checkbox"/> 1 can coconut milk | <input type="checkbox"/> 64 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz tomato puree | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 16 oz elbow macaroni |

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 green chili | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 4 curry leaves |
| <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 4 oz baby spinach | <input type="checkbox"/> 3 red peppers |
| <input type="checkbox"/> 1 lb broccoli | <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 3 carrots |
| <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 8 oz green beans |
| <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 1 small bunch fresh mint | <input type="checkbox"/> 1 red pepper |
| <input type="checkbox"/> 2 jalapeños | | |

SPICES

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> cloves | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> bay leaves | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> whole green cardamoms |

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: INSTANT POT SPINACH DAL AND RICE

INGREDIENTS

- 1 tablespoon ghee
- ½ teaspoon cumin seeds
- ⅛ teaspoon ground turmeric
- 1 green chili chopped
- 1 tablespoon garlic minced
- 4 curry leaves optional
- 1 tomato diced
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup red lentils
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup basmati rice
- 1 teaspoon kosher salt
- 1½ cups water



PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt, and water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped spinach and mix well. Cook on Sauté mode until the daal comes to a gentle boil.
5. Enjoy hot with **steamed basmati rice**.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.

Tuesday COCONUT CURRY NOODLE SOUP

INGREDIENTS

- 3 tablespoons coconut oil or regular cooking oil
- 12 to 10 ounces extra-firm tofu
- 1 to 2 cups red pepper cut into 2-inch long, 1/4-inch thick wedges
- 1 to 2 cups broccoli cut into 1-inch small florets
- 1 large onion thinly sliced
- 8 OZ noodles udon noodles or linguine
- 1 to 3 tablespoons red curry paste
- 2 carrots peeled and cut into 2-inch long, 1/4-inch thick wedges
- 1 tablespoon ginger grated
- 4 cups low sodium vegetable broth we like better than bouillon broth base
- 1 can coconut milk
- 1 teaspoon kosher salt



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 5

INSTRUCTIONS

1. Cut all the veggies. Turn the Instant Pot to saute mode and heat 1 tablespoon of oil. Add onions and saute for 2 minutes. Add broccoli and peppers and saute for another 2 mins. Take all the veggies out and reserve.
2. Next step is to stir-fry tofu for which you have 2 options:
 - a. Add 1 tablespoon oil to a non-stick skillet, add the cut tofu and cook until both sides turn golden brown. Take the tofu out and reserve.
 - b. You can also stir-fry the tofu in the Instant Pot insert, just note that the tofu may stick to the bottom of the pan. Set the Instant Pot to saute mode and heat 1 tablespoon oil. Add the tofu and cook for 2 minutes on each side or until both sides turn golden brown. Take the tofu out and reserve. Deglaze the pot really well before moving on to the next step.
3. Add remaining 1 tablespoon oil to the Instant Pot and add red curry paste. Saute for 30 seconds. Add carrots, noodles, broth, and coconut milk. Add ginger and salt. Gently stir pushing all the noodles under the liquids.
4. Close the Instant Pot with pressure valve to sealing set to Pressure Cook/Manual for 3 minutes. Note: read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins). Quick release. Stir in cooked tofu and veggies. Set the Instant Pot to saute mode and cook until the soup comes to a gentle boil. Adjust salt and pepper to taste.

NOTES

- Please visit the recipe on the blog for notes and a stovetop version.

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: INSTANT POT VEGETABLE & PANEER BIRYANI



INGREDIENTS

- 2 cups Extra long grain Basmati rice
- 2 cups water for soaking
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 3 teaspoons kosher salt divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped

PREP TIME: 30 MIN

COOK TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani from For You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.

Friday: MASALA MAC AND CHEESE



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Kashmiri red chili powder or any mild chili powder, add less if using a spicier variety
- 1 teaspoon **garam masala**
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 16 oz elbow macaroni
- 4 cups low sodium vegetable broth I use 4 teaspoons of Better than Boullion vegetable broth paste mixed in 4 cups of water
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 teaspoon red chili flakes optional
- 1¼ cup cilantro chopped

INSTRUCTIONS

1. Set the Instant Pot to sauté mode & heat oil. Add onions, peppers & jalapeno & saute for 3 to 4 minutes or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode & add milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the saute mode once all the cheese is melted. Garnish with red chili flakes & cilantro. Enjoy hot!

Stovetop Recipe

1. Boil the pasta as per the package instructions, drain the water, and set aside.
2. Heat oil in a large pot or work and add onions, peppers & jalapenos. Saute for 5 to 7 minutes on medium heat or until the onions turn translucent stirring frequently
3. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well cooking for another minute. Add the cooked pasta, ½ cup of water, and mix well until the pasta is heated through
4. Lower the heat to medium-low and slowly stir in milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the heat once all the cheese has melted. Garnish with red chili flakes & cilantro. Enjoy hot!

NOTES

- [Please find additional notes on the blog](#)