



*ministry  
of curry*

WEEK OF:  
07/12 - 07/16

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Paneer Butter Masala - GF, LC

## TUESDAY

Blackened Fish Tacos with Pineapple Salsa - GF

## WEDNESDAY

Chicken Korma - GF, LC

## THURSDAY

Thai Panang Curry - VG, V

## FRIDAY

Instant Pot Pasta Caprese - 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

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 4 oz heavy cream     | <input type="checkbox"/> 8 oz fresh mozzarella balls | <input type="checkbox"/> 8 oz yogurt            |
| <input type="checkbox"/> 1 lb paneer          | <input type="checkbox"/> 14 oz extra firm tofu       | <input type="checkbox"/> 1 lb white fish fillet |
| <input type="checkbox"/> 1½ lb chicken thighs |  |   |

## PANTRY

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- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 8 oz tomato puree       | <input type="checkbox"/> 2 oz tomato paste      | <input type="checkbox"/> 1 can unsweetened full fat coconut milk |
| <input type="checkbox"/> 4 oz panang curry paste | <input type="checkbox"/> 2 oz peanut butter     | <input type="checkbox"/> 2 oz soy sauce                          |
| <input type="checkbox"/> 8 oz mezze penne        | <input type="checkbox"/> 15 oz can tomato sauce | <input type="checkbox"/> 4 oz balsamic vinegar                   |
| <input type="checkbox"/> 8 oz basmati rice       |   |  |

## PRODUCE

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 1 small red onion   | <input type="checkbox"/> 2 inch ginger root |
| <input type="checkbox"/> 2 garlic bulbs        | <input type="checkbox"/> 1 bunch cilantro    | <input type="checkbox"/> 1 bunch basil      |
| <input type="checkbox"/> 1 bunch Thai basil    | <input type="checkbox"/> 2 red peppers       | <input type="checkbox"/> 1 orange pepper    |
| <input type="checkbox"/> 3 limes               | <input type="checkbox"/> 8 oz grape tomatoes | <input type="checkbox"/> 1 pineapple        |
| <input type="checkbox"/> 1 avocado             | <input type="checkbox"/> 2 jalapenos         |   |

## SPICES

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Kashmiri red chilli powder | <input type="checkbox"/> ground turmeric     | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> garam masala               | <input type="checkbox"/> green cardamom pods | <input type="checkbox"/> cloves                 |
| <input type="checkbox"/> black peppercorns          | <input type="checkbox"/> cumin seeds         | <input type="checkbox"/> ground cumin           |
| <input type="checkbox"/> ground coriander           | <input type="checkbox"/> dried thyme         | <input type="checkbox"/> dried oregano          |
| <input type="checkbox"/> smoked paprika             | <input type="checkbox"/> cayenne pepper      | <input type="checkbox"/> dried oregano          |
| <input type="checkbox"/> garlic powder              | <input type="checkbox"/> onion powder        |   |

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 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 teaspoons 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
- Optional Ingredients to serve as Naan Pizza
- 1 cup shredded mozzarella cheese
  - 8 Naan

## 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.
4. To serve it as Paneer Makhani Naan Pizza: Preheat the oven to 400 degrees. Spread 3 to 4 tablespoons of makhani sauce on the naan, spread mozzarella cheese, and paneer cubes on top. Bake, grill or broil for 5 to 10 minutes or until the naan pizza comes out crisp.

## 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

# Tuesday: BLACKENED FISH TACOS WITH PINEAPPLE SALSA



PREP TIME: 20 MIN  
COOK TIME: 10 MIN  
TOTAL TIME: 30 MIN  
SERVES: 4

## INGREDIENTS

- 1 pound white fish fillet halibut, mahi mahi, cod, tilapia
  - 10 flour tortillas use corn tortillas for gluten free option
- Spices:
- 1½ tablespoons smoked paprika
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder
  - 1 teaspoon dried thyme
  - 1 teaspoon cayenne pepper
  - 1 teaspoon dried oregano
  - 1 teaspoon kosher salt
  - 1 teaspoon ground black pepper
- Pineapple salsa
- 1 cup pineapple fresh pineapple works best
  - ½ cup red pepper finely diced
  - ¼ cup red onion finely diced
  - ¼ cup cilantro chopped
  - ½ jalapeno finely diced
  - ¼ lime
  - ½ teaspoon kosher salt
- Avocado Cilantro Sauce
- 1 avocado
  - ⅓ cup yogurt
  - 1 cup cilantro leaves and stems
  - 2 garlic cloves
  - 1 jalapeno use only half for less spice sauce
  - 1 teaspoon kosher salt
  - ¼ lime

## INSTRUCTIONS

1. In a wide bowl mix all of the dry spices for the spice blend and keep aside.
2. Cut the fish fillet into 4 pieces and then coat each piece with the seasoning, pressing & turning the fish gently in the spice bowl to coat all the sides.
3. Heat a cast-iron skillet or a nonstick pan over medium heat. Add oil and once it's heated, place the seasoned fish pieces on the pan. Depending on the thickness of the fish you can turn the fish in 2 to 4 minutes and cook on the other side for 2 to 4 minutes. Take the fish out and gently break it with a fork.
4. In a medium bowl mix pineapple, red pepper, jalapeños, and onion. Add cilantro, salt & squeeze fresh lime juice. Mix well.
5. To make the avocado cilantro sauce, add cilantro, avocado, yogurt, garlic, jalapeno & salt to the food processor. Squeeze lime juice. Blend until smooth.
6. To warm the tortillas you can cook them directly over medium flame until it gets a few charred marks. Use stainless steel pair of tongs to turn them over after 30 to 40 seconds.
7. To assemble the tacos, place a few spoonfuls of fish in the center of the tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.
8. Any leftover fish, salsa or sauce can be refrigerated for up to 2 days.

## NOTES

- For a gluten-free meal, use corn tortillas or gluten-free tortillas
- Substitute fish with shrimp for delicious blackened shrimp tacos
- For a dairy-free option, use soy yogurt in the avocado cilantro sauce
- Have a mango on hand? use instead of the pineapple and make mango salsa
- Have a grill on? Cook your fish on the grill, over grill mat
- Generously brush oil on the fish and bake it in the oven at 400 degrees for 10 minutes, then broil for 1 min for perfect blackening on the top

# Wednesday: CHICKEN KORMA



PREP TIME: 5 MIN

COOK TIME: 25 MIN

TOTAL TIME: 30 MIN

SERVES: 4

## INGREDIENTS

- 1½ pounds chicken thighs cut into pieces or 6 skinless drumsticks
  - 1 tablespoon oil
  - 4 whole green cardamom pods
  - 4 cloves
  - 12 black peppercorns
  - ½ teaspoon cumin seeds
  - 1 large yellow onion finely chopped
  - 1 teaspoon ginger grated
  - 1 teaspoon garlic minced
  - ¼ teaspoon ground turmeric
  - 1 teaspoon Kashmiri chili powder
  - 1 teaspoon ground coriander
  - 1 teaspoon ground cumin
  - ¼ cup water
  - ½ cup full fat or Greek yogurt
  - 1 teaspoon kosher salt
  - ¼ cup cilantro chopped
- Pot in Pot Rice
- 1 cup basmati rice rinsed and drained
  - 1½ cups water
  - 1 teaspoon kosher salt

## INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add whole spices – cardamom, cloves, black pepper, and cumin. Saute for 30 seconds.
2. Add onion and mix well. Saute for 2 minutes covered with glass lid.
3. Add ginger, garlic, turmeric, red chili powder, ground cumin, ground coriander, and salt. Mix well.
4. Add chicken and water. Mix well to evenly coat all the spices to the chicken.
5. Close Instant Pot with pressure valve to sealing. Pressure Cook for 8 minutes followed by 5-minute Natural Release.
6. Open the Instant Pot, add a few spoonfuls of hot curry to the yogurt and mix well. This step is important to avoid the cold yogurt getting split in the curry.
7. Cook on Saute mode to thicken the sauce. Garnish with chopped cilantro! Garnish with cilantro and enjoy with hot **steamed rice** and **parathas**. For a low-carb meal serve with **cauliflower rice**. Be sure to pick out and discard the whole spices while you eat.

## NOTES

- We enjoy this curry a bit soupy. If you want a thick curry, reduce the ¼ cup water by adding only 2 tablespoons of water and saute in the end for a few extra minutes.
- For boneless chicken thighs or breasts – cook for 5 minutes followed by a 10-minute natural pressure release.

### Pot in Pot Rice

- In step 5, before closing the Instant pot, add rice, water, and salt to a stainless steel pot.
- Place a tall trivet in the Instant and place the rice pot over it.

# Thursday: THAI PANANG CURRY



PREP TIME: 10 MIN  
COOK TIME: 20 MIN  
TOTAL TIME: 30 MINS  
SERVES: 4

## INGREDIENTS

- 2 tablespoons oil
- 2 garlic cloves minced
- 1 medium yellow onion sliced
- 1 medium red pepper cut into 2-inch slices
- 1 medium orange pepper cut into 2-inch slices
- 4 oz Panang curry paste \*\*
- 1 can coconut milk full fat
- 14 oz extra firm tofu cubed and baked or stir-fried
- 1 teaspoon kosher salt
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce or tamari
- 1 lime
- 1 cup Thai basil Italian basil or cilantro

## INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and saute for 30 seconds or until fragrant. Add onion, peppers and cook for 2 to 3 minutes or until the veggies are slightly tender. Push all the veggies to the sides of the wok and add Panang curry paste in the middle of the wok.
2. Fry the curry paste for a few seconds with some of the existing oil in the pan. Then mix the curry paste in the veggies. Stir in coconut milk and mix until the sauce looks creamy and well blended. Add half of the basil leaves, tofu, and salt. Mix well.
3. Cover and cook on medium heat for 5 minutes or until the curry comes to a gentle boil. Add peanut butter, soy sauce and mix well. Garnish with remaining basil leaves, add lime juice and enjoy hot with [steamed Jasmine rice](#).

## NOTES

- Add only 2 tablespoons of curry paste for a less spicy curry
- Add 1/2 to 1 cup of water for more soupy curry

# Friday: INSTANT POT PASTA CAPRESE



## INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion thinly sliced
- 6 garlic cloves minced
- 1 teaspoon crushed red pepper optional
- 1 cup grape tomatoes halved
- 2½ cups mezze penne
- 4 handful basil leaves
- 1 teaspoon kosher salt
- 1 cup water
- 15 oz can tomato sauce
- ¼ cup balsamic vinegar, or to taste
- 1 cup fresh mozzarella balls if the balls are too big, cut into half or quarters
- grated parmesan cheese optional

PREP TIME: 5 MIN

COOK TIME: 10 MIN

TOTAL TIME: 15 MIN

SERVES: 3

## INSTRUCTIONS

1. Set the Instant Pot to Sauté mode and heat oil. Add onion, garlic, and crushed red pepper. Sauté for a minute.
2. Add tomatoes, pasta, half of the basil leaves, salt, and water. Gently push all the pasta under liquids. Layer tomato sauce on top. Do not mix.
3. Close the Instant Pot and turn the steam release handle to sealing. Pressure Cook for 4 minutes.
4. Quick Release. Add fresh mozzarella cheese and balsamic vinegar. Give a quick stir.
5. Serve hot garnished with remaining chopped basil and shredded parmesan.

## NOTES

- Add enough water so that most of the pasta is submerged
- Layer tomato sauce on top and do not mix it in to prevent BURN error
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta or gluten-free pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add cheese and balsamic vinegar after the pasta is done pressure cooking