



ministry of curry

WEEK OF:
07/12 - 07/16

Tip:
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Menu

MONDAY

Paneer Butter Masala - GF, LC

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF, LC

WEDNESDAY

Instant Pot Black Eyed Peas Curry - GF





THURSDAY

Thai Panang Curry - V

FRIDAY

Instant Pot Pasta Caprese

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

- 4 oz heavy cream
- 8 oz fresh mozzarella balls
- 1 lb paneer
- 14 oz extra firm tofu

PANTRY

- 8 oz tomato puree
- 2 oz tomato paste
- 1 can unsweetened full fat coconut milk
- 4 oz panang curry paste
- 2 oz peanut butter
- 2 oz soy sauce
- 8 oz mezze penne
- 15 oz can tomato sauce
- 4 oz balsamic vinegar
- 4 oz mayo
- 10 small corn tortillas
- 1 can chipotle peppers in adobo sauce
- 8 oz dry black eyed peas
- 1 cup white rice
- 3 tablespoon shredded coconut unsweetened

PRODUCE

- 4 large yellow onions
- 1 red onion
- 2 inch ginger root
- 2 garlic bulbs
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch Thai basil
- 1 red pepper
- 1 orange pepper
- 2 limes
- 8 oz grape tomatoes
- 1 large ripe tomato
- 1 cauliflower head
- 1 small red cabbage
- 1 small green cabbage
- 1 avocado
- 2 carrots

SPICES

- Kashmiri red chilli powder
- cumin seeds
- mustard seeds
- garam masala
- asafetida
- ground turmeric
- ground cumin
- ground coriander

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: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN
COOK TIME: 20 MIN
TOTAL TIME: 40 MIN
SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1-inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble

- 10 small corn tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1-inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment-lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. I have 2 favorite sauce recipes that like to serve with these tacos.

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs [thechutneylife](#)
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stovetop method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- Please visit the recipe on the blog for more notes.

Wednesday: INSTANT POT BLACK EYED PEAS CURRY



PREP TIME: 20 MIN
COOK TIME: 30 MIN
TOTAL TIME: 50 MIN
SERVES: 6

INGREDIENTS

- 1 cup dry black-eyed peas 3 cups soaked
 - ½ teaspoon cumin seeds
 - 3 tablespoon shredded coconut unsweetened
 - 1 medium onion roughly chopped
 - 1 large ripe tomato quartered
 - 1 inch ginger
 - 8 garlic cloves
 - 1 tablespoon cooking oil
 - ½ teaspoon mustard seeds
 - ⅛ teaspoon asafetida optional
 - ¼ teaspoon ground turmeric
 - 1 tablespoon Kashmiri red chili powder
 - ½ tablespoon ground cumin
 - ½ tablespoon ground coriander
 - 1 teaspoon garam masala
 - 2 teaspoons kosher salt divided
 - ½ tablespoon jaggery or brown sugar optional
 - 2 cups water
 - ¼ cup chopped cilantro for garnish
- Pot in pot Rice (optional)
- 1 cup white rice
 - 1½ cups water
 - 1 teaspoon kosher salt

INSTRUCTIONS

1. Soak black-eyed peas in 3 cups of water overnight or 6 hours. Drain all the water and keep it aside.
2. Rinse and drain the rice. Add water and salt and keep aside.
3. Blend cumin seeds, coconut, onion, tomato, ginger, and garlic to make a smooth paste.
4. Turn the Instant Pot to Saute(more) mode and heat oil. Add mustard seeds and allow them to crackle. Add asafetida and turmeric. Add the onion and tomato paste and cook for a minute stirring frequently.
5. Add red chili powder, cumin and coriander powder, garam masala, and salt. Mix well. Put a glass lid on and cook for 3-4 mins.
6. Open the glass lid and mix everything once more. Making sure no spices are stuck to the bottom of the pot.
7. Add jaggery, black-eyed peas, and water. Give a quick stir.
8. Put a tall trivet in the pot. Put the rice container on top of the trivet.
9. Close the Instant Pot lid with a pressure valve to sealing. Pressure Cook for 8 minutes. Open after 10 mins or allow full natural pressure release.
10. Remove the rice container. Remove the trivet. Garnish with chopped cilantro. Enjoy hot!

NOTES

- If you do not have time to soak the beans, simply increase the pressure cook time to 20 mins and allow natural pressure release. With the increased cook time, you can make a pot in pot brown rice instead of white rice

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