



*ministry  
of curry*

WEEK OF:  
08/02 - 08/06

Tip:  
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# Menu

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## MONDAY

Instant Pot Black Eyed Peas Curry - VG, PIP

## TUESDAY

Black Bean and Corn Quesadillas - VG

## WEDNESDAY

Instant Pot Kheema Pav

## THURSDAY

Instant Pot Massaman Curry with Chicken - GF

## FRIDAY

Instant Pot Pasta with Tomato Cream Sauce


## COOKING ICONS

 GF) Gluten-Free

 LC) Low Carb

 VG) Vegetarian

 V) Vegan

 PIP) Pot-in-pot

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

# Grocery Shopping List

## PROTEIN & DAIRY

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- 16 oz pepper jack cheese
- 8 oz heavy cream
- 2 oz grated parmesan cheese
- 1 pound ground chicken
- 1.5 pound boneless skinless chicken breasts

## FROZEN

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- 8 oz frozen corn

## PANTRY

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- 8 oz dry black eyed peas
- 8 oz white rice
- 3 oz unsweetened shredded coconut
- 8 oz Jasmine Rice
- 1 can black beans
- 8 tortillas
- 1 lb penne pasta
- 16 oz low sodium broth
- 16 oz marinara sauce
- 8 potato rolls
- 20 whole cashews
- 4 ounce can massaman curry paste
- fish sauce
- brown sugar
- 1 can unsweetened coconut milk

## PRODUCE

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- 4 yellow onions
- 2 inch ginger root
- 1 garlic bulb
- 1 bunch cilantro
- 1 bunch basil
- 1 jalapeno
- 3 tomatoes
- 1 russet potato

## SPICES

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- cumin seeds
- mustard seeds
- ground turmeric
- garam masala
- Kashmiri red chili powder
- ground coriander
- ground cumin
- garlic powder
- red chili flakes

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 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 aside.
2. Rinse and drain the rice. Add 1.5 cups of water and 1 teaspoon of 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 pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) 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 pot in pot brown rice instead of white rice

# Tuesday: BLACK BEAN AND CORN QUESADILLAS

## INGREDIENTS

- 1 medium yellow onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- ½ cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas \*\*
- 2 cups pepper jack cheese shredded



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

## INSTRUCTIONS

### Step 1 - Filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapeños. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

### Step 2 - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:
  - a. Using one tortilla that is easier to flip
    - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
    - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp.
    - iii. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.
  - b. Using two tortillas
    - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
    - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for a large party or hungry teenagers!
    - iii. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

## NOTES

- Use corn tortillas for gluten-free quesadillas. Also, Siete Foods almond flour tortillas are paleo-friendly and vegan and perfect for this recipe

# Wednesday: INSTANT POT KHEEMA PAV



## INGREDIENTS

- 1 tablespoon oil
  - 1 teaspoon cumin seeds
  - ½ teaspoon ground turmeric
  - 1 tablespoon garlic grated
  - 1 tablespoon ginger grated
  - 1 large yellow onion diced
  - 2 tomatoes diced
  - 2 to 3 teaspoons mild red chili powder We used Kashmiri Chili powder
  - 1 teaspoon garam masala
  - 1 teaspoon salt
  - 2 tablespoons of ground coriander powder. We lightly toasted the coriander seeds and then ground them
  - 1 pound ground chicken
  - ½ cup cilantro chopped for garnish
- To serve:
- 1 tablespoon butter or ghee
  - 8 potato rolls

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. Turn Instant Pot to sauté (more) mode and heat oil. Add cumin seeds and toast them for 30 seconds. Add ground turmeric powder and mix well. Add ginger and garlic, mix well.
2. Add onion and sauté for a minute. Cook covered for 2 minutes with a glass lid on.
3. Add tomatoes, red chili powder, garam masala, salt and ground coriander powder. Mix well.
4. Add ground chicken and breaking it with a spatula. Add 1/2 cup of water (You can add 2 tablespoons of water for a thicker curry, but I like the extra gravy to dip the bread).
5. Cook on Manual/Pressure Cook (Hi) for 4 mins followed by Natural Pressure Release.
6. Garnish with cilantro and serve hot with potato rolls or burger buns lightly toasted with some ghee on a griddle.

## NOTES

Variations:

- Add 1/2 cup of green peas to the curry just before pressure cooking.
- Add a peeled and diced potato and sauté it with the onions. This will give more thickness to the curry.
- Add 1-2 spicy green chilies or one diced jalapeño for spicier kheema.
- Substitute ground chicken with ground lamb, turkey or beef and follow the same recipe.
- Serve as a chili topped with diced red onions, jalapeños, corn, cilantro, and a squeeze of lime for a gluten-free option.

Tip:

- When buying the rolls or buns to be served with Kheema, check the Sugar contents on the pack. As long as sugar is 2% or less the bread does not taste overly sweet and works well with Indian curries.

# Thursday: INSTANT POT MASSAMAN CURRY WITH CHICKEN



## INGREDIENTS

- 1½ pound chicken breasts cut into 2 inch pieces
  - 1 4 ounce can massaman curry paste (maesri brand)
  - 1 tablespoon oil
  - 1 can regular unsweetened coconut milk separate cream and water
  - 1 large russet potato peeled and cut into 1 inch cubes
  - 1 medium onion sliced
  - 20 whole cashews
  - 1 teaspoon fish sauce
  - 1 teaspoon brown sugar
  - 1 teaspoon kosher salt
- Pot in Pot Rice:
- 1 cup Jasmine Rice rinsed and drained
  - 1 cup water
  - 1 teaspoon kosher salt

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 4

## INSTRUCTIONS

1. Add Jasmine rice, water and salt to a stainless steel bowl and keep aside.
2. Separate the coconut cream and watery portion of the coconut milk and keep aside.
3. Turn the Instant Pot to Saute mode and heat oil. Add the massaman curry paste and saute for 10 to 15 seconds.
4. Add chicken and mix well with the curry paste. Add potatoes, onions, cashews, fish sauce, brown sugar and salt. Add 1/2 cup of the separated water from the coconut milk and stir everything well.
5. Carefully place the tall trivet inside the Instant Pot. Place the prepared rice bowl on the trivet.
6. Close the Instant Pot lid with pressure value to sealing. Cook on manual/pressure cook (Hi) for 5 mins followed by 10 minute natural pressure release.
7. Open the Instant Pot, take out the rice bowl and trivet using heat resistant mitts.
- 8.
9. Stir in the reserved coconut cream. Set the Instant Pot to Saute mode and bring the curry to a gentle boil.
10. Enjoy hot over **steamed jasmine rice**.

## NOTES

- Keep the coconut milk can refrigerated for a couple of hours which helps separate the cream from the watery portion

# 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.