

A top-down view of a white bowl filled with a vibrant red curry. The curry contains chunks of chicken, green beans, and broccoli. It is garnished with fresh basil leaves, a slice of red chili, and a lime wedge. A silver fork is placed in the bowl. In the background, a bowl of white rice and another bowl with a dark sauce and sliced chili are visible on a light-colored surface.

ministry of curry

WEEK OF:
08/02 - 08/06

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Black Eyed Peas Curry - VG, PIP

TUESDAY

Black Bean and Corn Quesadillas - VG

WEDNESDAY

Mumbai Pav Bhaji





THURSDAY

Vegan Thai Massaman Curry - V

FRIDAY

Instant Pot Pasta with Tomato Cream Sauce

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

- 16 oz pepper jack cheese
- 8 oz heavy cream
- 2 oz grated parmesan cheese
- 6 oz salted butter

FROZEN

- 8 oz frozen corn
- 4 oz frozen green peas

PANTRY

- 8 oz dry black eyed peas
- 8 oz white rice
- 3 oz unsweetened shredded coconut
- 1 can black beans
- 8 tortillas
- 12 potato buns
- 1 lb penne pasta
- 16 oz low sodium broth
- 16 oz marinara sauce
- 3 oz tomato paste
- 6 oz raw cashews
- 4 ounce can massaman curry paste
- soy sauce
- 1 can unsweetened coconut milk

PRODUCE

- 4 yellow onions
- 1 red onion
- 4 tomatoes
- 2 inch gingerroot
- 1 garlic bulb
- 1 bunch basil
- 1 large bunch cilantro
- 1 jalapeno
- 1 green bell pepper
- 1 red bell pepper
- 1 orange pepper
- 1 large cauliflower
- 1 lime
- 2 large Yukon gold potatoes
- 1 red potato
- 1 sweet potato
- 4 oz broccoli
- 4 oz snow peas

SPICES

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

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: 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.

Friday: VEGAN THAI MASSAMAN CURRY



PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

- 1 tablespoon oil
- 4 oz massaman curry paste Maesri brand
- 1 can unsweetened coconut milk full fat
- 1 medium yellow onion sliced
- 1 medium potato red or russet variety peeled and cut into 1 to 1½-inch cubes
- 1 medium sweet potato peeled and cut into 1 to 1½-inch cubes
- 20 cashews raw and unsalted optional
- 1 teaspoon kosher salt
- 1 teaspoon soy sauce
- 1 teaspoon brown sugar optional
- ½ cup broccoli small inch florets
- ½ cup thinly sliced orange pepper 2-inch pieces
- ½ cup snow peas or green beans, cut into 2-inch pieces
- ¼ cup roasted cashews or peanuts rough chopped, optional
- ¼ cup cilantro or Thai basil leaves chopped

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add the curry paste and saute for 30 seconds. Stir in the coconut milk and mix well. Press Cancel as you stir the milk.
2. Add onion, potatoes, cashews, and salt. Give a quick stir and close the Instant Pot with the pressure valve to sealing. Pressure cook (Hi) for 4 minutes followed by a quick release.
3. Open the Instant Pot and stir in soy sauce, brown sugar, broccoli, peppers, and snow peas. Cook on saute for another 2 minutes or just until the curry comes to a gentle boil.
4. Garnish with cilantro, Thai basil, and additional nuts. Serve hot with steamed [Jasmine rice](#).

NOTES

Stovetop recipe:

1. Heat oil in a medium-sized wok. Add the curry paste and saute for 30 seconds. Stir in the coconut milk and mix well.
2. Add onion, potatoes, cashews, and salt. Add 1/2 cup of water, give a quick stir, and cook covered for 10 to 15 minutes on medium heat. Cook until the potatoes are cooked soft and tender and can be easily cut with a fork.
3. Stir in soy sauce, brown sugar, broccoli, peppers, and snow peas. Cook for 4 to 5 minutes on medium-high heat or just until the curry comes to a gentle boil.
4. Garnish with cilantro, Thai basil, and additional nuts. Serve hot with steamed [Jasmine rice](#).

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.