



*ministry
of curry*

WEEK OF:
08/09 - 08/13

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Palak Paneer - VG, LC

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - VG

WEDNESDAY

Instant Pot Kheema Pav

THURSDAY

Instant Pot Thai Red Curry Chicken - GF

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

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> 4 oz milk | <input type="checkbox"/> 8 oz fresh mozzarella ball | <input type="checkbox"/> 8 oz shredded pepper jack cheese |
| <input type="checkbox"/> 16 oz paneer | <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 1.5 pound thin chicken breasts |

PANTRY

- | | | |
|---|--|---|
| <input type="checkbox"/> 15 raw cashews | <input type="checkbox"/> 8 whole wheat tortillas | <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 potato rolls |
| <input type="checkbox"/> 2 oz red curry paste | <input type="checkbox"/> fish sauce | <input type="checkbox"/> 1 can unsweetened low-fat coconut milk |
| <input type="checkbox"/> 1 oz brown sugar | | |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 2 green chilies | <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 1 pound baby spinach |
| <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 6 yellow onions |
| <input type="checkbox"/> 6 oz baby spinach | <input type="checkbox"/> 1 bunch basil leaves | <input type="checkbox"/> 1 bunch Thai basil leaves |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 8 oz grape tomatoes | <input type="checkbox"/> 2 tomatoes |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 yellow pepper | |

SPICES

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> ground coriander | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> Kashmiri red chili 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: INSTANT POT PALAK PANEER



INGREDIENTS

- 1 lb spinach baby spinach works the best, or use chopped frozen
- 2 cups paneer cubed
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 medium yellow onion chopped fine
- 1 to 2 teaspoon hot green chili minced
- 1 teaspoon garlic minced
- 1 teaspoon ginger grated
- 15 raw cashews
- ¼ cup milk
- 1 teaspoon garam masala
- 1 teaspoon kosher salt

PREP TIME: 5 MIN TOTAL TIME: 15 MIN
COOK TIME: 10 MIN SERVES: 4

INSTRUCTIONS

1. Add cashews to milk and blend together to make a smooth paste. Keep aside. Note: Double up milk and cashews if your blender blades are not low and if the paste does not turn out smooth. Making a larger portion can help with bigger blender jars and you can freeze the extra for next time.
2. Turn the Instant Pot to saute mode and heat ghee. Add cumin seeds, ginger, garlic, and green chili. Saute for a minute. Add onions and cook for 2 minutes stirring a few times. Add chopped spinach, salt, and 1 cup of water. Close IP with pressure valve to sealing.
3. For frozen spinach - Manual(Hi) for 1 minute
4. For fresh spinach - Manual(Hi) for 0 minutes
5. Quick-release and turn off the Instant Pot
6. Add ½ cup of water(optional) and blend to make a smooth paste using an immersion blender. Add cashew paste, garam masala, and paneer. Gently stir everything together and cook on sauté mode for 2 minutes or until heated through. Serve hot with rice or parathas. For a low carb option serve with cauliflower rice

NOTES

- PRO tips to keep the palak paneer looking green and fresh:
 - Quick-release as soon as the pressure cooking cycle completes
 - Turn off the keep warm button as you do the quick release
 - Make sure that the Instant Pot is turned off as you are puree with the immersion blender. Take the inside pot out on a hot plate while pureeing. As you may need to tilt the pot to avoid splattering
 - Return the inner pot back to the Instant Pot housing, add cashew paste, garam masala, and paneer. Cook on sauté for 1 to 2 minutes only or until the gravy comes to a gentle boil
 - Turn off the Instant Pot and take the inner pot out and keep it on a hot plate to avoid overcooking the spinach
- If you wash the fresh spinach, remember to pat dry any excess moisture

Tuesday: SPINACH, MUSHROOM, AND ONION QUESADILLAS



INGREDIENTS

- 1 large onion thinly sliced
- 8 oz white mushrooms rinsed, dried and sliced
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tablespoons oil
- 8 whole wheat tortillas
- 1 teaspoon red chili flakes optional

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. In a large skillet over medium heat, add 1 tablespoon oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Do not cover after adding the mushrooms so any excess moisture can be evaporated. Add the spinach, little bit at a time, and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides, and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place the second tortilla on top of the cheese and press it gently with the spatula. Add a few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

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 THAI RED CURRY CHICKEN



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 5

INGREDIENTS

- 1 tablespoon cooking oil
- 2 to 4 tablespoons red curry paste Love Maesri brand
- 1½ pound thin chicken breasts cut into 1-inch strips
- 1 can low-fat coconut milk unsweetened (Love Trader Joe's)
- 1 to 2 tablespoons fish sauce
- 1 tablespoon brown sugar
- 1 jalapeno or Thai chili sliced (optional for spicy curry)
- 1 cup yellow onion sliced
- 1 cup red peppers sliced
- 1 cup yellow peppers sliced
- 1 cup orange peppers sliced
- Handful Thai basil leaves

INSTRUCTIONS

1. Set the Instant Pot to Saute(more) mode and heat oil. Add 2 tablespoons of red curry paste. Saute for 30 seconds.
2. Add Chicken and mix it well with the red curry paste.
3. Add coconut milk (Note for a less soupy curry, add only half the can).
4. Close Instant Pot with the pressure valve to sealing. Pressure Cook (Hi) for 2 minutes followed by 10 minute Natural Pressure Release. (Increase cook time for thicker chicken breasts to 4 mins)
5. Open the Instant Pot, stir in fish sauce and brown sugar. For spicier curry add remaining red curry paste and hot peppers.
6. Add onions, red, yellow and orange peppers. Stir in well. Set Instant Pot to Saute mode and bring the curry to a gentle boil (about 2-3 minutes). This will allow the veggies to stay crunchy. Garnish with the Thai basil leaves.
7. Enjoy hot with **Jasmine rice**.

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