



*ministry  
of curry*

WEEK OF:  
08/09 - 08/13

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Instant Pot Palak Paneer - LC

## TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

## WEDNESDAY

Mumbai Pav Bhaji




## THURSDAY

Thai Panang Curry - GF

## 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

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- |                                       |   |   |
|---------------------------------------|---|---|
| <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

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- |   |  |   |
|---|--|---|
| <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

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- |  |   |  |
|--|---|--|
| <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

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- |                                       |  |  |
|---------------------------------------|--|--|
| <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: 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.

# 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