



*ministry
of curry*

WEEK OF:
08/16 - 08/20

Tip:
You can
click on
orange font



Menu

MONDAY

Spicy Misal Pav Recipes - V

TUESDAY

Vegetarian Taco Pasta

WEDNESDAY

Paneer Tikka - LC





THURSDAY

Instant Pot Creamy Tomato Bisque - GF, LC

FRIDAY

Thai Basil Fried Rice - GF, V

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

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 oz heavy cream | <input type="checkbox"/> 4 oz cheddar cheese | <input type="checkbox"/> 4 oz pepper jack cheese |
| <input type="checkbox"/> 4 oz plain yogurt | <input type="checkbox"/> 14 oz extra firm tofu | <input type="checkbox"/> 1 pound ground chicken |
| <input type="checkbox"/> 10 chicken drumsticks | <input type="checkbox"/> 20 oz sprouted moth beans | |

PANTRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 12 soft buns | <input type="checkbox"/> 8 oz sev farsan | <input type="checkbox"/> 1 oz dry shredded coconut unsweetened |
| <input type="checkbox"/> 2 cups jasmine rice | <input type="checkbox"/> 2 oz soy sauce | <input type="checkbox"/> 12 oz low sodium vegetable broth |
| <input type="checkbox"/> 2 oz hoisin sauce | <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 32 oz low sodium chicken broth |
| <input type="checkbox"/> 1 pound pasta shells | <input type="checkbox"/> 20 oz salsa | |

PRODUCE

- | | | |
|--|--|--|
| <input type="checkbox"/> 2 green chilies | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 10 curry leaves | <input type="checkbox"/> 4 yellow onion | <input type="checkbox"/> 1 red onion |
| <input type="checkbox"/> 2 celery sticks | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 small bunch oregano |
| <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 small bunch basil | <input type="checkbox"/> 1 bunch Thai basil |
| <input type="checkbox"/> 7 tomatoes | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 red bell pepper |
| <input type="checkbox"/> 1 yellow bell pepper | <input type="checkbox"/> 1 jalapeño | <input type="checkbox"/> 2 lemons |

SPICES

- | | | |
|--|--|---|
| <input type="checkbox"/> black mustard seeds | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> taco seasoning mix | | |

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: SPICY MISAL PAV RECIPES



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INGREDIENTS

- 2½ cups sprouted moth beans
- 1 tomato quartered
- 2 green chilies
- 1½ inch ginger rough chopped
- 6 garlic cloves
- 1 tablespoon dry shredded coconut unsweetened
- 2 to 4 tablespoon oil
- 1 teaspoon black mustard seeds
- ¼ teaspoon asafetida hing optional
- 10 curry leaves
- 1 medium yellow onion finely diced
- 1 tablespoon Kashmiri red chili powder
- 2 tablespoons Mom's Garam Masala see notes
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 3 teaspoons kosher salt
- 3 cups water
- ½ cup cilantro chopped

To Serve Misal Pav

- 12 Soft Buns
- 2 tablespoon ghee or butter
- 1 to 2 cups sev farsan
- 1 cup red onion diced
- 6 lemon wedges

INSTRUCTIONS

1. Blend tomato, chilies, ginger, garlic, and coconut in a blender to make a smooth paste.
2. Set the Instant Pot to saute mode and heat oil. Add mustard seeds and allow them to pop. This may take 2 to 3 minutes. Add hing, turmeric, curry leaves, ¼ cup cilantro, and onions. Saute until the onions start to turn translucent, it may take around 3 to 4 minutes. Cook covered to speed up the process.
3. Add the spice paste and saute for another minute. Add red chili powder, ground coriander, garam masala, ground cumin, and salt. Mix well. Add sprouted beans and mix well. Add water and give a quick stir. Secure the Instant Pot with the pressure valve to sealing. Pressure Cook (Hi) for 5 minutes followed by 10-minute natural pressure release.
4. Release the remaining pressure by turning the pressure release valve to venting. Open the lid and give a quick stir. Garnish with remaining cilantro.

To Serve Misal Pav:

- Heat a nonstick griddle or pan. Lightly spread butter or ghee on each half of the bun/pav and place on the griddle. Cook until they are hot to touch. Serve hot pav alongside the misal topped with farsan, red onions, and cilantro. You can also serve the toppings on the side so that the farsan stays crunchy. I also like to serve plain yogurt on the side along with lemon wedges.

NOTES

Notes and pro-tips on the blog

Tuesday: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 1 tablespoon cooking oil
- 1 large yellow onion diced
- 1 jalapeño diced
- 1 can black beans rinsed and drained
- 1 cup mushrooms diced
- ½ cup red peppers diced
- 1 cup fresh or frozen corn optional
- 1 pound pasta shells
- 2 tablespoons taco seasoning mix ** love trader joes or Primal Palate
- 2 cups salsa
- 4 cups low sodium vegetable broth

Garnish

- ½ cup cilantro chopped
- 1 cup pepper jack cheese grated
- 1 avocado diced optional

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add black beans, mushrooms, peppers, and corn. Add taco seasoning and mix everything together.
3. Add pasta and broth. Mix well gently pushing the pasta under the liquids. Layer over the salsa but do not mix. This will prevent the BURN error on newer Instant Pots.
4. Close the Instant Pot with pressure valve to sealing. Pressure cook for 4 mins. Note: Cook time for the pasta shells I used was 9 minutes.
5. Quick-release and open the Instant Pot. Garnish with cilantro. Stir in half of the cheese. Serve with topped remaining cheese and diced avocados.

NOTES

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute. This timing also works for gluten-free pasta
- Remember to add the cheese after the pasta is done pressure cooking

Wednesday: PANEER TIKKA



PREP TIME: 15 MIN

COOK TIME: 8 MIN

MARINATE TIME: 30 MIN

TOTAL TIME: 53 MIN

SERVES: 8

INGREDIENTS

- ½ cup plain yogurt full fat
- ½ tablespoon ginger paste
- ½ tablespoon garlic paste
- ½ teaspoon ground turmeric
- 1 ½ teaspoons kosher salt
- 1 tablespoon Kashmiri red chili powder
- 1 teaspoon garam masala
- 1 teaspoon chat masala optional
- 1 tablespoon dried fenugreek leaves
- 1 lemon juiced
- 1 teaspoon smoked paprika optional
- 1 pound paneer cut into 1-inch cubes
- 1 medium green pepper cut into 1-inch cubes
- 1 medium red pepper cut into 1-inch cubes
- 1 medium red onion cut into 1-inch cubes

INSTRUCTIONS

1. In a medium-sized bowl add yogurt, ginger, garlic, turmeric, salt, red chili powder, garam masala, and chat masala. Crush the dried fenugreek leaves on the palm of your hands and add them to the bowl. Add lemon juice and mix all the ingredients to make the marinade.
2. Add paneer, peppers, and onions to the marinade and mix everything together coating the paneer and veggies well with the marinade.
3. Cover the bowl and allow it to marinate for 30 minutes at room temperature or refrigerate for up to 24 hours.
4. If using wooden skewers, soak them in water for 10 minutes which prevents them from burning while in the air fryer.
5. When ready to cook, lightly spray or brush the air fryer basket with oil. Line the skewers 4 to 5 skewers inside the basket and spray over lightly with oil. Cook for 5 minutes at 360°F (180° C). Turn the skewers, spray lightly with oil and cook for another 2 to 3 minutes.
6. Serve immediately with chutney fresh lemon wedges.

NOTES

- Please visit the recipe on the blog for notes and a stovetop version.

Thursday: INSTANT POT CREAMY TOMATO BISQUE



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 4

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup onion diced
- ½ cup celery sliced
- 1 cup carrots peeled and sliced
- 3 garlic cloves peeled
- 1 tablespoon fresh oregano chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 6 tomatoes 2 pounds , quartered or 1 28 oz can of peeled tomatoes
- 1½ cup low sodium broth Note: I use the Better Than Bouillon Organic Vegetable Base
- 1½ teaspoon salt
- 1 tablespoon honey optional
- ¼ teaspoon black pepper or to taste
- ½ cup heavy cream

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add onion, celery, garlic, carrots, tomatoes, oregano, basil and parsley cook for a minute until fragrant.
2. Add broth and salt. Mix well. Close the Instant Pot with pressure valve to sealing.
3. Pressure Cook for 8 minutes. Followed by quick release or natural pressure release.
4. Open the Instant Pot, and carefully puree the soup using an immersion blender.
5. Set the Instant Pot to Saute mode. Stir in honey, cream and pepper. Ladle into bowls, sprinkle some cayenne pepper for an extra kick. Enjoy hot with crunchy croutons.

NOTES

1. Vegan variation: Substitute heavy cream with coconut cream, cashew cream, or corn slurry (2 tablespoons corn starch mixed in ¼ cup of water)
2. You can use dried herbs instead of fresh in this recipe. Just reduce the amount of herbs in half.

Friday: THAI BASIL FRIED RICE



PREP TIME: 20 MIN
TOTAL TIME: 20 MIN
SERVES: 4

INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu baked or stir-fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1 inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1 inch strips
- 1 cup packed Thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce
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INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant.
2. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next, add half of the Thai basil leaves and stir well. Stir in soy sauce, hoisin sauce, and chili garlic sauce.
3. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in.
4. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!