

A top-down view of a white bowl filled with a thick, orange-colored lentil soup. The soup is garnished with finely chopped green herbs. A silver spoon with a textured handle is partially submerged in the soup on the right side. The background is a light gray surface.

ministry of curry

WEEK OF:
09/27 - 10/01

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Dal Makhani - GF

TUESDAY

Instant Pot Vegetarian Taco Pasta

WEDNESDAY

Spicy Miso Ramen Soup - GF

THURSDAY

Thai Panang Curry

FRIDAY

Paneer Egg Biryani - GF

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 cream | <input type="checkbox"/> 1 cup pepper jack cheese | <input type="checkbox"/> 14 oz extra firm tofu (2 packs) |
| <input type="checkbox"/> 8 oz paneer | | |

FROZEN

- ☐ 12 oz corn

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 8 oz dry black gram beans | <input type="checkbox"/> 3 oz dry red kidney beans | <input type="checkbox"/> 1 can black beans |
| <input type="checkbox"/> 8 oz ramen noodles | <input type="checkbox"/> chili garlic sauce | <input type="checkbox"/> Better Than Bouillon Vegetable Base |
| <input type="checkbox"/> 2 oz white miso paste | <input type="checkbox"/> 4 oz panang curry paste | <input type="checkbox"/> 1 oz peanut butter |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> 8 oz brown rice | <input type="checkbox"/> 1 can unsweetened full fat coconut milk |
| <input type="checkbox"/> 1 pound pasta shells | <input type="checkbox"/> 20 oz red salsa | <input type="checkbox"/> 16 oz extra long grain Basmati rice |

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 yellow onions | <input type="checkbox"/> 4" fresh gingerroot | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 1 scallion bunch | <input type="checkbox"/> 1 large bunch cilantro |
| <input type="checkbox"/> 1 small bunch mint | <input type="checkbox"/> 1 bunch Thai basil Italian | <input type="checkbox"/> 1 lb baby bok choy |
| <input type="checkbox"/> 1 orange pepper | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 8 oz shiitake mushrooms |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 4 oz green beans |
| <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 1 jalapeño | |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> green cardamoms | <input type="checkbox"/> cloves |
| <input type="checkbox"/> black peppercorns | <input type="checkbox"/> bay leaves | <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: INSTANT POT DAL MAKHANI



PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.

The next step is to make a pot in pot brown rice (optional)

1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add garam masala (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes

INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
 - 1/3 cup red kidney beans
 - 1 tablespoon oil **
 - 1 teaspoon cumin seeds
 - 1 medium yellow onion finely diced
 - 1/4 teaspoon ground turmeric
 - 2 tablespoons fresh ginger grated
 - 2 cups tomatoes diced
 - 2 teaspoons kosher salt
 - 2 teaspoons Kashmiri red chili powder
 - 2 cups water
 - 1/2 cup light cream **
 - 1 teaspoon garam masala
 - 1/4 cup cilantro chopped
- Optional Pot in Pot rice
- 1 cup brown rice
 - 2 cups water
 - 1 teaspoon salt

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: SPICY MISO RAMEN SOUP



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS

Vegetables

- 2 tablespoons oil
- 1 tablespoon garlic minced
- 1 lb baby bok choy
- 8 oz shiitake mushrooms de-stemmed and thinly sliced

Broth

- 1 tablespoon oil
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon chili garlic sauce
- 6 cups low sodium vegetable broth
- 14 oz extra firm tofu
- 8 oz ramen noodles 3 brown rice ramen cakes
- 2 tablespoons white miso paste
- 4 tablespoons water

Optional garnish

- ½ cup scallions
- red chili flakes
- chili garlic sauce

INSTRUCTIONS

1. Bake or air fry tofu using these directions.
2. Heat 1 tablespoon of oil on a dutch oven or a large pot. Add half of the garlic and saute for 30 seconds on medium heat. Add bok choy and saute for 2 to 3 minutes. Take out the bok choy and reserve.
3. In the same pan add 1 tablespoon of oil and mushrooms. Cook on medium heat until the mushrooms are soft about 3 to 4 minutes stirring frequently. Take out the mushrooms and reserve.
4. Add remaining oil, ginger, and garlic paste. Saute for a minute or until fragrant. Add chili garlic sauce and broth. Bring to a rolling boil.
5. Add noodles and cook until the noodles are cooked through and soft. Follow the directions on the package for cook time.
6. Once the noodles are cooked, turn the heat off. Mix together miso paste and water and add to the noodles.

To Serve:

1. Ladle broth in a large soup bowl. Add the noodles over using a pair of tongs and top with sauteed bok choy, mushrooms, and tofu. Garnish with scallions. Add red chili flakes or chili garlic paste to taste and serve hot.

NOTES

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

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 VEGETABLE & PANEER BIRYANI



INGREDIENTS

- 2 cups Extra long grain Basmati rice
- 2 cups water for soaking
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 3 teaspoons kosher salt divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped

PREP TIME: 30 MIN

COOK TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani from burning. You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.