



*ministry  
of curry*

WEEK OF:  
09/20 - 09/24

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Paneer Kathi Roll - VG

## TUESDAY

Coconut Curry Noodle Soup - VG, V

## WEDNESDAY

Tandoori Salmon - GF, LC

## THURSDAY

Vegetarian Pad Thai - VG, GF

## FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms - 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

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> 2 oz plain yogurt | <input type="checkbox"/> 2 oz parmesan cheese grated | <input type="checkbox"/> 1 pound wild salmon fillet boneless |
| <input type="checkbox"/> 2 eggs            | <input type="checkbox"/> 16 oz paneer                | <input type="checkbox"/> 2 packs 14 ounces extra firm tofu   |

## FROZEN

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- |   |  |
|---|--|
| <input type="checkbox"/> 8 kewan parathas | <input type="checkbox"/> 2 oz frozen unsweetened coconut |
|---|--|

## PANTRY

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 8 oz noodles udon noodles | <input type="checkbox"/> 1 can coconut milk  | <input type="checkbox"/> 64 oz low sodium vegetable broth |
| <input type="checkbox"/> 2 oz red curry paste      | <input type="checkbox"/> 6 oz Pad Thai Sauce | <input type="checkbox"/> 4 oz roasted peanuts             |
| <input type="checkbox"/> 8 oz rice noodles         | <input type="checkbox"/> 1 pound pasta       |   |

## PRODUCE

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 3 red peppers      | <input type="checkbox"/> 1 green pepper        | <input type="checkbox"/> 1 yellow pepper            |
| <input type="checkbox"/> 1 red onion        | <input type="checkbox"/> 2 yellow onions       | <input type="checkbox"/> 3 inch ginger root         |
| <input type="checkbox"/> 2 garlic bulbs     | <input type="checkbox"/> 1 bunch cilantro      | <input type="checkbox"/> 1 bunch scallions          |
| <input type="checkbox"/> 1 small bunch mint | <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 2 green chiles             |
| <input type="checkbox"/> 1 lime             | <input type="checkbox"/> 1 lemon               | <input type="checkbox"/> 8 oz broccoli florets      |
| <input type="checkbox"/> 2 carrots          | <input type="checkbox"/> 12 oz bean sprouts    | <input type="checkbox"/> 1 pound shiitake mushrooms |

## SPICES

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- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Kashmiri red chilli powder   | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> kasoori methi |
| <input type="checkbox"/> <a href="#">garam masala</a> | <input type="checkbox"/> cumin seeds     |  |

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: PANEER KATHI ROLLS



PREP TIME: 10 MIN  
COOK TIME: 20 MIN  
TOTAL TIME: 30 MIN  
SERVES: 6

## INGREDIENTS

- 2 cups paneer cut into 1 inch cubes
  - 1 small red pepper thinly sliced
  - 1 small green pepper thinly sliced
  - 1 medium red onion thinly sliced
- Marinade Ingredients:
- ¼ cup plain yogurt
  - 1 teaspoon ginger grated
  - 1 teaspoon garlic pressed
  - 1 teaspoon Kashmiri red chili powder add 2 teaspoons for spicy
  - 1 teaspoon garam masala
  - ¼ teaspoon ground turmeric
  - 1 tablespoon kasoori methi
  - 1 teaspoon kosher salt
- To Serve:
- 6 to 8 kewan parathas \*\* cook per package instructions
  - 1 medium yellow onion thinly sliced
  - ½ cup cilantro chopped
- Mint Cilantro Chutney
- ½ cup cilantro
  - ¼ cup mint leaves
  - 2 tablespoons unsweetened coconut frozen or dry
  - 1 garlic clove
  - ½ teaspoon cumin seeds
  - 1 to 2 small green chiles
  - 1 tablespoon lemon juice
  - 1 teaspoon kosher salt
  - 1 teaspoon sugar

## INSTRUCTIONS

1. Marinate the paneer- Mix all the marinade ingredients in a bowl. Add paneer and mix well.
2. Make the filling- Heat 2 tablespoons of oil in a pan. Add onions, peppers and ½ teaspoon of salt and cook for 3 to 4 minutes. Add marinated paneer and mix well. Cook for another 3 to 4 minutes. Turn the heat off. Add cilantro.
3. Chutney - Blend all the chutney ingredients using 2 tablespoons of water to make a smooth sauce. Note: Add more water as needed, little at a time.
4. Cook the Parathas- Heat a non-stick griddle pan. Remove the kewan paratha from the plastic wrapping and place on the griddle. Cook on medium-high heat for about 1 to 1½ minutes on each side or until both sides are golden brown, pressing gently with a spatula. Enjoy hot!
5. Assemble Kathi Roll- Spread 2 teaspoons of chutney on the cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add a few sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

## NOTES

- The nutrition info does not include the calories and carb count for the parathas. For Low Carb option substitute Kewan Parathas with low carb tortillas. Misson brand makes many varieties of soft low carb tortillas and are available in most US grocery stores

# Tuesday: COCONUT CURRY NOODLE SOUP

## INGREDIENTS

- 3 tablespoons coconut oil or regular cooking oil
- 12 to 10 ounces extra-firm tofu
- 1 to 2 cups red pepper cut into 2-inch long, ¼-inch thick wedges
- 1 to 2 cups broccoli cut into 1-inch small florets
- 1 large onion thinly sliced
- 8 oz noodles udon noodles or linguine
- 1 to 3 tablespoons red curry paste
- 2 carrots peeled and cut into 2-inch long, ¼-inch thick wedges
- 1 tablespoon ginger grated
- 4 cups low sodium vegetable broth we like better than bouillon broth base
- 1 can coconut milk
- 1 teaspoon kosher salt



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 5

## INSTRUCTIONS

1. Cut all the veggies. Turn the Instant Pot to saute mode and heat 1 tablespoon of oil. Add onions and saute for 2 minutes. Add broccoli and peppers and saute for another 2 mins. Take all the veggies out and reserve.
2. Next step is to stir-fry tofu for which you have 2 options:
  - a. Add 1 tablespoon oil to a non-stick skillet, add the cut tofu and cook until both sides turn golden brown. Take the tofu out and reserve.
  - b. You can also stir-fry the tofu in the Instant Pot insert, just note that the tofu may stick to the bottom of the pan. Set the Instant Pot to saute mode and heat 1 tablespoon oil. Add the tofu and cook for 2 minutes on each side or until both sides turn golden brown. Take the tofu out and reserve. Deglaze the pot really well before moving on to the next step.
3. Add remaining 1 tablespoon oil to the Instant Pot and add red curry paste. Saute for 30 seconds. Add carrots, noodles, broth, and coconut milk. Add ginger and salt. Gently stir pushing all the noodles under the liquids.
4. Close the Instant Pot with pressure valve to sealing set to Pressure Cook/Manual for 3 minutes. Note: read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins). Quick release. Stir in cooked tofu and veggies. Set the Instant Pot to saute mode and cook until the soup comes to a gentle boil. Adjust salt and pepper to taste.

## NOTES

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

# Wednesday: TANDOORI SALMON



## INGREDIENTS

- 1 pound wild salmon fillet boneless \*\*
- 1 inch ginger grated
- 4 garlic cloves minced
- 1 teaspoon garam masala
- 1 tablespoon Kashmiri red chili powder \*\*
- ½ teaspoon turmeric
- 1 tablespoon lemon juice
- 1 tablespoon oil
- 1 teaspoon kosher salt

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 3

## INSTRUCTIONS

1. Wash and pat dry salmon with a paper towel and cut into 3 or 6 pieces.
2. In a medium bowl mix ginger, garlic, garam masala, red chili powder, turmeric, lemon juice, oil, and salt. Add salmon and coat with spice paste evenly on both sides using a small silicone spatula. You can allow this to marinate for 20 mins or cook right away.
3. Line a baking tray with parchment paper and arrange salmon on the tray.
4. Broil on high setting for 8 to 10 minutes or until salmon starts to brown on the top and flakes easily with a fork. Depending on the thickness of the salmon steak you may need to adjust the cook time to be more or less.
5. Serve with [cumin rice](#) and a side of [spicy cabbage salad](#). For a low-carb meal, serve it with [cauliflower rice](#).

## NOTES

- [Please visit the recipe on the blog for notes and a stovetop version.](#)

# Thursday: VEGETARIAN PAD THAI



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MINS

SERVES: 4

## INGREDIENTS

- 14 oz Extra Firm Tofu baked
- 8 oz rice noodles A Taste of Thai linguini rice noodles
- 5 cups water
- 3 tablespoons oil
- 1 tablespoon garlic minced
- 1 bunch scallions
- 1 small red pepper
- 1 small yellow pepper
- 2 eggs whisked
- 6 oz Pad Thai Sauce \*\*
- 3 cups bean sprouts
- ½ cup peanuts roasted and coarsely chopped
- ½ cup cilantro finely chopped
- ½ lime cut into 4 wedges

## INSTRUCTIONS

1. **Bake, air fry, or pan-fry tofu.**
2. Bring 5 cups of water to a full boil. Place the rice noodles in a bowl and pour hot water over them. Mix with a fork so the noodles separate and not stick to each other. Soak for 10 minutes. Drain the noodles and reserve. Note: Follow instructions on the package if you are using a different variety of rice noodles.
3. While the noodles are soaking, prep the vegetables. Cut the white portion of the scallions and chop them into thin strips. Dice the green part of the scallions and reserve. Thinly slice the peppers, ½ cup each of red and yellow.
4. Heat half of the oil in a large wok over high heat. Add garlic, white scallions, and peppers. Cook for 2 minutes as the garlic gets aromatic. Move the veggies to one side of the wok and add the remaining oil in the middle of the wok. Add eggs and scramble them as they start to cook.
5. Next add the cooked noodles, baked tofu, and the Pad Thai Sauce. Mix well with a pair of tongs, tossing the noodles well in the sauce and all the other ingredients. Cook for 2 to 3 minutes or until the noodles are heated through.
6. Add bean sprouts. Add half of the chopped green scallions, half of the peanuts, and half of the cilantro. Mix everything together. Serve hot topped with the remaining scallions, peanuts, cilantro, and with lime wedges.

## NOTES

- Find notes and [Homemade Pad Thai Sauce](#) recipe on the blog.

# Friday: INSTANT POT SPAGHETTI WITH SHIITAKE MUSHROOMS



## INGREDIENTS

- 4 tablespoons olive oil
- 1 pound shiitake mushrooms about 7 cups destemmed & sliced
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper add more if you like
- 2 tablespoons garlic minced
- 4 cups low sodium vegetable broth
- 1 pound pasta
- 2 tablespoons parmesan cheese grated
- 1 tablespoon parsley chopped, optional

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 6

## INSTRUCTIONS

1. Turn the Instant Pot on Saute normal mode and heat oil. Add the mushrooms, salt, pepper, and give a quick stir. Add 2 tablespoons of water, mix well and cook covered with a non-locking lid for 2 to 3 minutes. Take half of the mushrooms out and reserve. Move the remaining mushrooms on one side of the pot and add to the empty surface. Add garlic to the oil and cook it for a minute as it starts to release the aromas.
2. Add ¼ cup of vegetable broth and mix well, deglazing and removing any browning on the bottom of the pot.
3. Add remaining broth, break the spaghetti in half and start layering in a criss-cross pattern. This is an important step as it prevents the spaghetti from sticking to each other.
4. Gently press the noodles so they are under the liquids. Do not mix. Layer the reserved mushrooms on top. Close the Instant Pot and pressure cook for 4 minutes followed by quick release.
5. Sprinkle cheese on top and garnish with parsley. Enjoy hot

## NOTES

- Criss-cross the spaghetti noodles in the Instant Pot. This will prevent them from sticking together.
- Completely submerge the noodles in the broth. Do not mix it, but make sure all the noodles are under the broth so they can cook completely.
- Deglaze the pot with the vegetable broth and remove any browned bits. This will help the Instant Pot come to pressure and also prevent the "BURN" signal.
- Adjust pressure cook time based on the pasta you use. If the package says 8 minutes, pressure cook for 4 mins for well-cooked pasta or pressure cook for 3 mins for al dente.