



ministry of curry

WEEK OF:
10/04 - 10/08

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Palak Paneer - VG, LC

TUESDAY

Chicken Tinga Tacos - GF

WEDNESDAY

Mushroom Matar Malai - GF

THURSDAY

Instant Pot Pasta Fagioli Soup - VG, V

FRIDAY

20-Min Creamy Tomato Pasta - 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"/> 12 oz milk | <input type="checkbox"/> 8 oz heavy cream | <input type="checkbox"/> 2 oz grated parmesan cheese |
| <input type="checkbox"/> 2 oz plain yogurt | <input type="checkbox"/> 16 oz paneer | <input type="checkbox"/> 2 pounds chicken breasts |

FROZEN

- ☐ 8 oz frozen green peas

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 6 oz raw cashews | <input type="checkbox"/> 8 oz tomato sauce | <input type="checkbox"/> 1 can cannellini beans |
| <input type="checkbox"/> 8 oz ditalini pasta | <input type="checkbox"/> 1 lb penne pasta | <input type="checkbox"/> 48 oz low sodium broth |
| <input type="checkbox"/> 16 oz marinara sauce | <input type="checkbox"/> 12 corn tortillas | <input type="checkbox"/> ½ can chipotle peppers in adobo sauce |
| <input type="checkbox"/> 4 oz low sodium chicken broth | | |

PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 3 green chilies | <input type="checkbox"/> 20 oz baby spinach | <input type="checkbox"/> 3 yellow onions |
| <input type="checkbox"/> 1 russet potato | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 2 inch ginger root |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 2 celery sticks | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 1 bunch basil | <input type="checkbox"/> 1 lb white mushrooms | <input type="checkbox"/> 3 tomatoes |
| <input type="checkbox"/> 4 small radishes | <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 1 lime | | |

SPICES

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> dried parsley | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> red chili flakes | |

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: INSTANT POT CHICKEN TINGA TACOS



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INGREDIENTS

Sauce

- 1 can chipotle peppers in adobo
- 1 large tomato quartered
- 4 garlic cloves

Other Ingredients

- 2 tablespoons oil
- 1 large yellow onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- ½ cup low sodium chicken broth
- 2 teaspoons kosher salt
- 1 teaspoon cayenne pepper optional to taste

To serve:

- 12 corn tortillas
- ½ cup cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- ½ cup pepper jack cheese or cotija or queso fresco (optional)
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic, and half a can of chipotle peppers with adobo sauce and set aside. Tip: Double up all the ingredients here, so you can use the full 7 ounces can of Chipotle peppers in adobo, 2 tomatoes, and 8 garlic cloves. This will make a little over a cup of sauce. Use half and freeze half for later or add more sauce for extra heat in the end!
2. Turn the Instant Pot to Saute mode and heat oil. Add sliced onions and cook for a minute with a glass lid on. Add diced tomatoes, chicken breasts, broth, and salt. Pour the pureed sauce over the chicken breasts. Pressure Cook for 8 minutes.
3. Allow 10 minutes of natural pressure release. Open the Instant Pot, take the chicken out, and shred it using two forks. Put the shredded chicken back in the pot and turn the Instant Pot to Saute mode. Cook for 5 mins or until the sauce thickens to the desired consistency. Adjust salt and add cayenne pepper to taste.
4. To serve: Cook the corn tortilla directly over medium flame until it gets a few charred marks. Serve with cabbage, red onions, cilantro, avocado, cheese, and a squeeze of fresh lime.

NOTES

- To serve as a low carb option, serve the chicken tinga with all the toppings on a bed of chopped romaine lettuce instead of tortilla

Wednesday: MUSHROOM MATAR MALAI



INGREDIENTS

- 1 lb white mushrooms quartered
- ½ cup raw cashews
- 1 cup warm milk or water
- 2 tablespoons plain yogurt or greek yogurt
- 3 tablespoons oil
- 1 green chili
- 1 medium yellow onion roughly chopped
- 1- inch ginger roughly chopped
- 4 garlic cloves
- 1 teaspoon kosher salt
- 1 cup frozen green peas
- ½ teaspoon ground white pepper or black pepper
- ½ teaspoon garam masala
- ½ teaspoon sugar
- ¼ cup cilantro chopped

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in warm milk or water for 10 minutes.
2. Add onion, ginger, garlic, and green chili to a blender or food processor and blend to make a rough paste.
3. Set the Instant Pot to Saute mode and heat oil. Add the onion paste, salt, and saute for 4 to 5 minutes stirring frequently. Press cancel.
4. Add mushrooms and mix well. Add 2 tablespoons of water. Pressure cook for 4 mins followed by quick release.
5. While the mushrooms are cooking, make the cashew paste. Add cashews, milk, and yogurt to a blender jar and blend to a smooth paste. Reserve.
6. Once the pressure cooking completes, quick release by turning the pressure release valve from sealing to venting.
7. Open the Instant Pot and add the peas, pepper powder, garam masala, and sugar. Stir in the cashew cream. Give a quick stir and cook on saute until the curry comes to a gentle boil. Garnish with cilantro and serve hot with parathas and rice.

NOTES

- To make this curry dairy-free, stir in unsweetened coconut cream in the end. Or you can make the cashew cream by soaking the cashews in water and then blending with water instead of milk.

Thursday: PASTA E FAGIOLI



INGREDIENTS

- 2 tablespoons olive oil
- 2 carrots peeled and sliced
- 2 celery sticks thinly sliced
- 10 garlic cloves minced
- 1 big russet potato peeled and cut into small cubes
- 1 cup tomato sauce marinara sauce
- 1 can cannellini beans rinsed and drained
- 1 cup ditalini pasta
- 1 teaspoon dried parsley or 1 tablespoon fresh parsley
- ½ teaspoon crushed red pepper optional
- 4 cups vegetable broth low sodium
- 2 cups baby spinach or baby kale rough chopped (optional)

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat olive oil. Add carrots, celery, and garlic. Saute for a minute.
2. Add potatoes, tomato sauce, cannellini beans, pasta, parsley, crushed red pepper, and vegetable broth. Mix well.
3. Close Instant Pot with pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) for 4 mins followed by Quick Release. Add salt and pepper to taste. Stir in baby spinach and enjoy hot!

NOTES

- The pressure cook time should be half the cook time suggested on the pasta box.
- The soup may look watery when you open the pot, give a quick stir and the soup will thicken up as it cools down.

Friday: INSTANT POT PASTA WITH TOMATO CREAM SAUCE



INGREDIENTS

- 1 pound uncooked Penne Rigate (~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- ½ teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- ¼ cup basil or parsley chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 6

INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Manual / Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

NOTES

- We are using a full box of pasta in this recipe.
- Using penne pasta in this recipe, which has stove cook time of 10 minutes. To adjust for Instant Pot cook time – Divide the cook time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
- Always have enough water or broth to cover most of the pasta underwater. Depending on the shape of pasta you may need more or less liquids.