



ministry of curry

WEEK OF:
10/04 - 10/08

Tip:
You can
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Menu

MONDAY

Instant Pot Palak Paneer - VG, LC

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF, V

WEDNESDAY

Mushroom Matar Malai - GF

THURSDAY

Instant Pot Pasta Fagioli Soup - VG, V

FRIDAY

20-Min Creamy Tomato Pasta - VG

COOKING ICONS

(GF) Gluten-Free

(LC) Low Carb

(V) Vegan

(PIP) 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 | |

FROZEN

- ☐ 8 oz frozen green peas

PANTRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 6 oz raw cashews | <input type="checkbox"/> 1 can cannellini beans | <input type="checkbox"/> 8 oz ditalini pasta |
| <input type="checkbox"/> 24 oz marinara sauce | <input type="checkbox"/> 1 lb penne pasta | <input type="checkbox"/> 48 oz vegetable broth low sodium |
| <input type="checkbox"/> 4 oz mayo | <input type="checkbox"/> 10 small corn tortillas | <input type="checkbox"/> 1 can chipotle peppers in adobo sauce |

PRODUCE

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

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 | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> 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

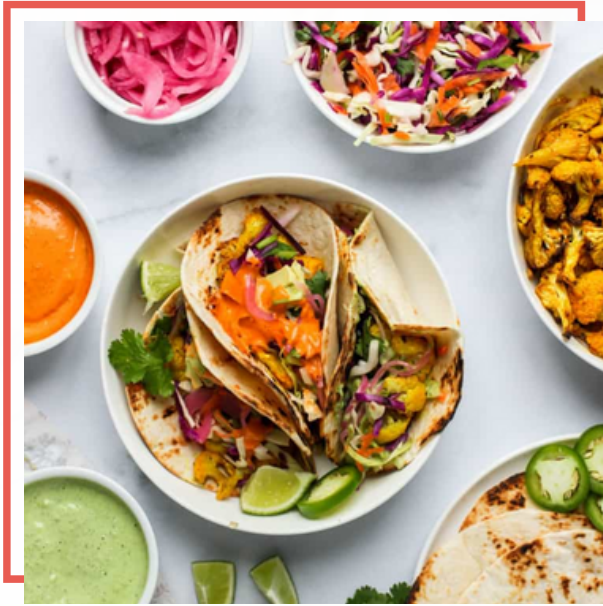
INSTRUCTIONS

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: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1-inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble

- 10 small corn tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1-inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment-lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. I have 2 favorite sauce recipes that I like to serve with these tacos.

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs [thechutneylife](#)
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stovetop method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- Please visit the recipe on the blog for more notes.

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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.