



# ministry of curry

WEEK OF:  
10/11 - 10/15

Tip:  
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# Menu

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## MONDAY

Instant Pot Aloo Gobhi - V, GF

## TUESDAY

Instant Pot Chicken Enchilada Quinoa - GF

## WEDNESDAY

Tandoori Salmon EASY Oven Recipe - LC, GF

## THURSDAY

Instant Pot Spaghetti with Shiitake Mushrooms - VG

## FRIDAY

Instant Pot Easy Chana Masala - VG

## COOKING ICONS

(GF) Gluten-Free   (LC) Low Carb   (VG) Vegetarian   (V) Vegan   (PIP) 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 parmesan cheese grated | <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 8 oz shredded pepper jack cheese |
| <input type="checkbox"/> 1 pound salmon fillet       |   |   |

## FROZEN

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- ☐ 1 cup frozen corn

## PANTRY

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- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 pound pasta        | <input type="checkbox"/> 8 oz dried chickpeas       | <input type="checkbox"/> 32 oz low sodium vegetable broth           |
| <input type="checkbox"/> 8 oz uncooked quinoa | <input type="checkbox"/> 1 can 15-ounce black beans | <input type="checkbox"/> 1 can 15-ounce diced fire roasted tomatoes |
| <input type="checkbox"/> 8 oz enchilada sauce |   |   |

## PRODUCE

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 2 garlic bulbs             | <input type="checkbox"/> 3 yellow onions       | <input type="checkbox"/> 4 tomatoes         |
| <input type="checkbox"/> 1 cauliflower              | <input type="checkbox"/> 1 potato              | <input type="checkbox"/> 2 bunches cilantro |
| <input type="checkbox"/> 1 pound shiitake mushrooms | <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 jalapeno         |
| <input type="checkbox"/> 3 green onions             | <input type="checkbox"/> 1 avocado             | <input type="checkbox"/> 1 lemon            |
| <input type="checkbox"/> 1 lime                     |  |   |

## SPICES

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

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 ALOO GOBHI



## INGREDIENTS

- 1 medium onion thinly sliced
- 2 plum tomatoes diced
- 4 cups cauliflower florets cut into big 2 inch pieces
- 1 medium potato peeled and cut into thin wedges, I use russet potatoes
- 1 tablespoon cooking oil
- ½ teaspoon cumin seeds
- ¼ teaspoon turmeric
- 1 tablespoon mild Kashmiri red chili powder Less if using a spicier chili powder
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1½ teaspoon garam masala Add ½ for a medium spicy curry
- 1 teaspoon kosher salt
- cilantro for garnish

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 2

## INSTRUCTIONS

1. Turn the Instant Pot to Sauté mode and heat oil. Add cumin seeds. Sauté for 30 seconds.
2. Add onions and mix well. Cook covered with a glass lid on for 1 minute. Add tomatoes, mix and cook covered for another minute.
3. Add turmeric, red chili powder, coriander powder, cumin powder, garam masala and salt. Add potatoes and cauliflower florets. Add 1 tablespoon of water. Mix well.
4. Put the Instant Pot lid on with pressure valve to sealing. Select Pressure Cook / Manual (Hi) for 3 minutes. Note: Cook for only 2 mins if you like cauliflower to be more firm.
5. Press Cancel to turn the Instant Pot off. Quick Release and stir gently. Garnish with cilantro. Serve hot with naan, paratha or toasted pita bread.

## NOTES

Tips for making Aloo Gobhi in Instant Pot:

- Cut cauliflower into big 2 to 3-inch florets along with the stems.
- Cut potatoes into thin wedges so they cook well along with the cauliflower.
- Reduce the cooking time to 1 or 2 minutes if you like a bite to the cauliflower OR cook on low-pressure mode.
- Press Cancel after the pressure cooking cycle is completed and immediately Quick Release the pressure to stop further cooking.
- Open the lid and take out the inner insert and put it on a trivet to stop further cooking.
- Nutrition

## Tuesday: INSTANT POT CHICKEN ENCHILADA QUINOA



PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 5

### INGREDIENTS

- 1 pound ground chicken
- 1 cups uncooked quinoa
- 1 can 15-ounce black beans, drained and rinsed
- 1 cup frozen corn
- 1 can 15-ounce diced fire-roasted tomatoes
- 2 cloves garlic minced
- 1 medium onion chopped
- 1 jalapeno pepper finely chopped
- 2 cups water
- 1 cup enchilada sauce
- 1 tablespoon taco seasoning
- 1 teaspoon cumin

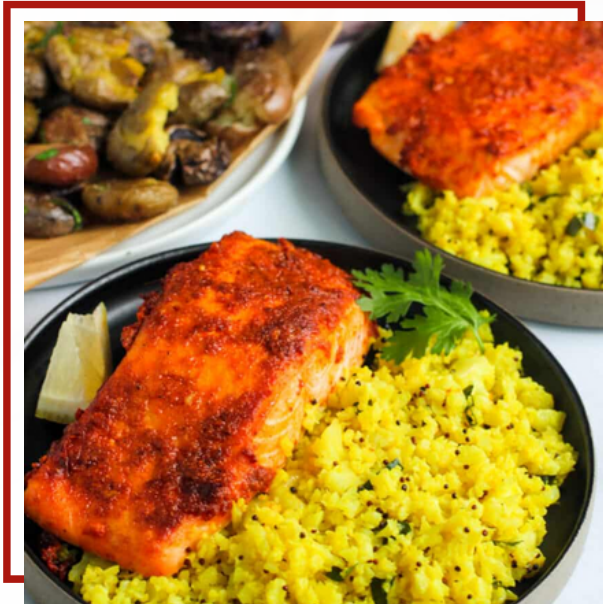
### Optional Garnish

- 3 green onions chopped
- ¼ cup fresh cilantro chopped
- 1 avocado peeled and diced
- 1 cup shredded pepper jack cheese or Mexican cheese
- 4 lime wedges

### INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat 1 tablespoon of oil. Add ground chicken and break it in with a spatula. Add quinoa, black beans, corn, tomatoes, garlic, onion, jalapeños, water, enchilada sauce, taco seasoning, and cumin.
2. Mix well, breaking in any lumps of ground chicken. Close the Instant Pot with pressure release valve to sealing. Set the Instant Pot to Manual/Pressure Cook (Hi) for 4 minutes. Allow 10 minutes of natural pressure release. Open the Instant Pot and mix the enchilada quinoa. Garnish with cilantro and scallions.
3. Serve with diced avocados, pepper jack cheese and a squeeze of fresh lime.

# 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: 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.

# Friday: INSTANT POT EASY CHANA MASALA



## INGREDIENTS

- 1 cup dried chickpeas rinsed
- 3½ cups water
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 yellow onion finely diced
- 1 teaspoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon ground coriander
- 2 teaspoons kosher salt
- 1 to 2 teaspoons Kashmiri red chili powder
- ¼ teaspoon ground turmeric
- 2 plum tomatoes finely diced or 1 cup canned tomatoes with juice
- ¼ teaspoon garam masala
- ½ cup cilantro chopped

PREP TIME: 10 MIN

COOK TIME: 1 HR

SOAK TIME: 4 HR

TOTAL TIME: 5 HR 10 MIN

SERVES: 4

## INSTRUCTIONS

1. In a bowl, combine the chickpeas and 2 cups of warm water and let soak for at least 4 hours or up to overnight. Drain the chickpeas and set them aside.
2. Select the high saute setting on the Instant Pot and heat the ghee. Add the cumin seeds directly to the hot oil and cook until they start to sizzle, about 1 minute. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Cover the pot with a glass lid to speed up the process. Add the ginger and garlic and saute until aromatic, about 1 minute. Add the coriander, salt, chili powder, turmeric, and chickpeas; pour in the 1.5 cups water, and stir well with a wooden spoon nudging loose any browned bits from the pot bottom.
3. Secure the lid and set the pressure release to sealing. Press the Cancel button to reset the cooking program, then select pressure cook/manual(hi) and set the cooking time to 35 minutes.
4. Allow natural pressure release. Open the Instant Pot and stir in the tomatoes and garam masala. Select the high saute setting and cook until the tomatoes soften about 5 minutes. Garnish with cilantro
5. Serve with hot **parathas** or **puri**. For gluten-free options serve with **jeera rice** or **steamed rice**.

## NOTES

- Vegan Variation: Substitute oil for the ghee.

Notes:

- Use 1 teaspoon Kashmiri red chili powder for a milder curry, or 2 teaspoons for a spicier curry.
- Organic or older beans may need an extra 5 to 10 minutes of cooking time.

*ministry of curry*