

A top-down view of a meal planning graphic. The background is a photograph of a bowl of vegetable and bean curry, garnished with green onions and cilantro. Surrounding the bowl are small plates of lime wedges, chopped green onions, and sliced avocado. A white text box with a red horizontal line is centered over the image. The text 'ministry of curry' is written in a black, cursive font. Below it, in a white text box, is the text 'WEEK OF: 10/11 - 10/15'. At the bottom of the image is a white text box with the website address 'www.ministryofcurry.com'.

# ministry of curry

WEEK OF:  
10/11 - 10/15

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Instant Pot Aloo Gobhi - V, GF

## TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - GF

## WEDNESDAY

Paneer Kathi Rolls - 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   (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"/> 2 oz plain yogurt | <input type="checkbox"/> 8 oz shredded pepper jack cheese |
| <input type="checkbox"/> 16 oz paneer                |  |   |

## 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 dried chickpeas    | <input type="checkbox"/> 1 pound spaghetti | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 whole wheat tortillas |  |   |

## PRODUCE

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- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 inch ginger root | <input type="checkbox"/> 8 oz white mushroom        | <input type="checkbox"/> 4 yellow onions    |
| <input type="checkbox"/> 1 red onion        | <input type="checkbox"/> 4 tomatoes                 | <input type="checkbox"/> 1 cauliflower      |
| <input type="checkbox"/> 1 potato           | <input type="checkbox"/> 1 pound shiitake mushrooms | <input type="checkbox"/> 1 inch ginger root |
| <input type="checkbox"/> 1 garlic bulbs     | <input type="checkbox"/> 1 small bunch parsley      | <input type="checkbox"/> 1 small bunch mint |
| <input type="checkbox"/> 2 bunches cilantro | <input type="checkbox"/> 6 oz baby spinach          | <input type="checkbox"/> 1 red pepper       |
| <input type="checkbox"/> 1 green pepper     | <input type="checkbox"/> 2 green chiles             | <input type="checkbox"/> 1 lemon            |

## SPICES

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

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: SPINACH, MUSHROOM, AND ONION QUESADILLAS



### INGREDIENTS

- 1 large onion thinly sliced
- 8 oz white mushrooms rinsed, dried and sliced
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tablespoons oil
- 8 whole wheat tortillas
- 1 teaspoon red chili flakes optional

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

### INSTRUCTIONS

1. In a large skillet over medium heat, add 1 tablespoon oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Do not cover after adding the mushrooms so any excess moisture can be evaporated. Add the spinach, little bit at a time, and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides, and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place the second tortilla on top of the cheese and press it gently with the spatula. Add a few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

# Wednesday: 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:

- 1/4 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
- 1/4 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
- 1/2 cup cilantro chopped

### Mint Cilantro Chutney

- 1/2 cup cilantro
- 1/4 cup mint leaves
- 2 tablespoons unsweetened coconut frozen or dry
- 1 garlic clove
- 1/2 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 1/2 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 1-1/2 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

# 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.

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