



ministry of curry

WEEK OF:
10/25 - 10/29

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Dum Aloo - GF

TUESDAY

Instant Pot Spicy Taco Pasta

WEDNESDAY

Mildly Spiced Chicken Korma - LC, GF

THURSDAY

Salmon Tikka Masala - LC, GF

FRIDAY

Instant Pot Penne Alla Vodka - 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

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz milk | <input type="checkbox"/> 4 oz cheddar cheese | <input type="checkbox"/> 4 oz pepper jack cheese |
| <input type="checkbox"/> 10 oz heavy cream | <input type="checkbox"/> 4 oz parmigiano reggiano | <input type="checkbox"/> 4 oz full fat yogurt |
| <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 1½ pounds chicken drumsticks | <input type="checkbox"/> 1½ pounds skinless salmon fillet |

FROZEN

- | | |
|---|---|
| <input type="checkbox"/> 8 oz frozen corn | <input type="checkbox"/> 1 pound extra large Shrimp |
|---|---|

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz raw cashews | <input type="checkbox"/> 1 pound pasta shells | <input type="checkbox"/> 1 pound penne pasta |
| <input type="checkbox"/> 20 oz salsa | <input type="checkbox"/> 40 oz tomato puree | <input type="checkbox"/> 32 oz low sodium chicken broth |
| <input type="checkbox"/> 4 oz vodka | <input type="checkbox"/> 8 oz basmati rice | |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 10 baby potatoes | <input type="checkbox"/> 5 yellow onions | <input type="checkbox"/> 4 inch ginger root |
| <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 1 jalapeño |
| <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 large bunch cilantro | <input type="checkbox"/> 1 lemon |

SPICES

- | | | |
|---|--|--|
| <input type="checkbox"/> taco seasoning mix | <input type="checkbox"/> cloves | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> ground coriander | <input type="checkbox"/> whole green cardamom pods |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> dried fenugreek leaves | | |

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 DUM ALOO



INGREDIENTS

- 10 baby potatoes peeled and cored from the top (save the carved out potato pieces)
- 2 tablespoons ghee
- 1 large yellow onion finely diced
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- 2 tomatoes pureed
- ½ teaspoon ground turmeric
- ½ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- ½ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- 15 cashews
- ¼ cup warm milk or water for dairy free
- 1 tablespoon dried fenugreek leaves
- ¼ cup cilantro chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 3

INSTRUCTIONS

1. Soak cashews in warm milk for 10 mins and set aside. Blend together to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 2 minutes with a glass lid on, stirring few times. Add ginger and garlic paste, cook for 30 seconds.
3. Add the carved out pieces from the potatoes. Add tomato puree, turmeric, red chili powder, garam masala, and salt. Cook everything on saute mode for 2 minutes with a glass lid on, stirring a couple of times.
4. With a small spoon, very carefully, as the gravy will be hot, fill the potatoes with the cooked masala/gravy and line them all in the IP insert. Add ½ cup of water. Close the Instant Pot, set on manual/pressure cook(Hi) for 8 minutes followed by Quick Release.
5. Stir in dried fenugreek leaves, cashew paste, and chopped cilantro. Set the Instant Pot to Sauté mode and mix everything together. Add salt to taste. Bring to a gentle boil and then turn the Instant Pot off. Serve with hot **parathas**.

NOTES

- 1 cup of store-bought tomato puree can be used in place of fresh tomato puree
- For a gluten-free meal, serve with cumin cauliflower rice

Tuesday: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 2 tablespoon cooking oil
- 1 large onion diced
- 1 to 2 jalapeños diced
- 1 pound ground chicken
- 1 pound pasta we used pasta shells
- 2 tablespoon taco seasoning mix, we love trader joe's
- 2½ cup salsa
- 4 cups low sodium chicken broth
- ½ cup cilantro chopped
- ½ cup cheddar cheese grated
- ½ cup pepper jack cheese grated

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 7

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add ground chicken. Break chicken with the spatula. Add taco seasoning and mix everything together.
3. Add salsa, chicken broth, and pasta. Mix well and with the spatula push the pasta under the liquids. Make sure most of the pasta is under liquids for the pasta to cook well.
4. Close Instant Pot with pressure valve to sealing. Pressure cook for 3 mins. Note: Cook time for the pasta shells we used was 7 minutes.
5. Quick release and open Instant Pot. Stir in the cheeses and garnish with cilantro.

NOTES

Here are my tips for a perfectly cooked Instant Pot Spicy Taco Pasta:

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cheese after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta

Vegetarian Variation

- This versatile recipe is easy to make vegetarian:
- Substitute ground chicken with soy granules or a can of rinsed and drained black beans and a cup of frozen corn or diced mushrooms or zucchini
- Stir in diced red/green/yellow/mixed peppers after the pressure cooking cycle is complete

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Wednesday: CHICKEN KORMA



PREP TIME: 5 MIN

COOK TIME: 25 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS

- 1½ pounds chicken thighs cut into pieces or 6 skinless drumsticks
- 1 tablespoon oil
- 4 whole green cardamom pods
- 4 cloves
- 12 black peppercorns
- ½ teaspoon cumin seeds
- 1 large yellow onion finely chopped
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri chili powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- ¼ cup water
- ½ cup full fat or Greek yogurt
- 1 teaspoon kosher salt
- ¼ cup cilantro chopped

Pot in Pot Rice

- 1 cup basmati rice rinsed and drained
- 1½ cups water
- 1 teaspoon kosher salt

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add whole spices – cardamom, cloves, black pepper, and cumin. Saute for 30 seconds.
2. Add onion and mix well. Saute for 2 minutes covered with glass lid.
3. Add ginger, garlic, turmeric, red chili powder, ground cumin, ground coriander, and salt. Mix well.
4. Add chicken and water. Mix well to evenly coat all the spices to the chicken.
5. Close Instant Pot with pressure valve to sealing. Pressure Cook for 8 minutes followed by 5-minute Natural Release.
6. Open the Instant Pot, add a few spoonfuls of hot curry to the yogurt and mix well. This step is important to avoid the cold yogurt getting split in the curry.
7. Cook on Saute mode to thicken the sauce. Garnish with chopped cilantro! Garnish with cilantro and enjoy with hot **steamed rice** and **parathas**. For a low-carb meal serve with **cauliflower rice**. Be sure to pick out and discard the whole spices while you eat.

NOTES

- We enjoy this curry a bit soupy. If you want a thick curry, reduce the ¼ cup water by adding only 2 tablespoons of water and saute in the end for a few extra minutes.
- For boneless chicken thighs or breasts – cook for 5 minutes followed by a 10-minute natural pressure release.

Pot in Pot Rice

- In step 5, before closing the Instant pot, add rice, water, and salt to a stainless steel pot.
- Place a tall trivet in the Instant and place the rice pot over it.

Thursday: SALMON TIKKA MASALA



PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

Marinade

- 1 tablespoon lemon juice freshly squeezed
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon Kashmiri red chili powder
- 1 teaspoon garam masala
- ½ teaspoon ground turmeric
- 1 teaspoon kosher salt

Curry

- 1½ pounds skinless salmon fillet cut into 8 pieces
- 1 tablespoon neutral vegetable oil
- 1 large yellow onion finely diced
- 1 teaspoon kosher salt
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 1½ cups canned tomato puree
- 1 teaspoon Kashmiri red chili powder
- ½ teaspoon ground turmeric
- ½ teaspoon garam masala
- ⅓ cup water
- ¾ cup heavy cream
- 1 tablespoon dried fenugreek leaves

INSTRUCTIONS

1. To make the marinade: In a stainless-steel bowl that will fit in the Instant Pot, combine the lemon juice, ginger, garlic, chili powder, garam masala, turmeric, and salt and stir to mix.
2. Add the salmon to the marinade and turn to evenly coat with the spices. Set aside.
3. Select the high Sauté setting and heat the oil. Add the onion and salt and sauté until the onion turns translucent about 5 minutes. Cover the pot with a glass lid (or other nonlocking lid that fits) to speed up the process. Add the ginger and garlic and sauté until aromatic, about 1 minute. Add the tomato puree, chili powder, turmeric, and garam masala. Press the Cancel button to turn off the Instant Pot. Pour in the water and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
4. Place a tall steam rack in the pot, making sure all of its legs are resting firmly on the bottom. Place the bowl of salmon on the rack.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook or Manual setting and set the cooking time for 4 minutes at high pressure.
6. Perform a quick release by moving the Pressure Release to Venting. Press the Cancel button to turn off the Instant Pot. Open the pot and, wearing heat-resistant mitts, remove the bowl of salmon to a trivet and remove the rack.
7. Stir the heavy cream into the curry, then crush the fenugreek leaves with the palms of your hands to release the aromas and stir them in as well. Select the high Sauté setting and carefully add the salmon to the curry, turning it to evenly coat. Cook until the curry comes to a gentle boil and is heated through, 2 to 3 minutes. Press the Cancel button to turn off the Instant Pot.
8. Spoon the curry onto plates and serve the **rice**, naan, and lemon wedges alongside.

Friday: INSTANT POT PENNE ALLA VODKA



INGREDIENTS

- 1 pound pasta I used Trader Joe's organic brown rice penne pasta
- 28 oz tomato puree or marinara sauce
- 1 tablespoon olive oil
- 1 small onion diced
- 6 garlic cloves minced
- 1 teaspoon red pepper flakes optional
- ½ cup vodka
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup heavy cream
- ¼ cup Parmigiano Reggiano grated
- ¼ cup Parsley chopped

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat oil.
2. Add onions, garlic and red pepper flakes. Mix well and cook for 2 minutes with a glass lid on.
3. Add vodka, mix well and cook for another 2 mins to reduce down the vodka.
4. Add pasta, 2 cups of water and salt. Stir well, making sure to push most of the pasta under the liquids. Layer over the tomato puree or sauce and DO NOT mix. Close the Instant Pot and Manual/pressure cook for 4 minutes (Note, the cook time on Trader Joe's brown rice pasta is 7-10 mins) followed by Quick Release.
5. Stir in cream. Add parsley and grated cheese. Mix well and Serve hot.

NOTES

- Add enough water/broth/tomato sauce so that most of the pasta is under the liquids
- Layer the tomato puree or pasta sauce on top of the water or broth and do not mix it in
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cream after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta