



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 Taco Pasta

WEDNESDAY

Mushroom Masala - LC, GF

THURSDAY

Paneer Butter Masala - LC, GF

FRIDAY

Instant Pot Penne Alla Vodka

COOKING ICONS



Gluten-Free



Low Carb



Vegan



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"/> 8 oz pepper jack cheese | <input type="checkbox"/> 12 oz heavy cream |
| <input type="checkbox"/> 4 oz parmesano reggiano | <input type="checkbox"/> 16 oz paneer | |

FROZEN

- ☐ 8 oz frozen corn

PANTRY

- | | | |
|--|---|---|
| <input type="checkbox"/> 8 oz raw cashews | <input type="checkbox"/> 15 oz canned black beans | <input type="checkbox"/> 1 pound pasta shells |
| <input type="checkbox"/> 1 pound penne pasta | <input type="checkbox"/> 16 oz salsa | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| <input type="checkbox"/> 40 oz tomato puree | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 4 oz vodka |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 10 baby potatoes | <input type="checkbox"/> 5 yellow onions | <input type="checkbox"/> 3 inch ginger root |
| <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 2 tomatoes | <input type="checkbox"/> 1 jalapeño |
| <input type="checkbox"/> 24 oz white mushrooms | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 large bunch cilantro | |

SPICES

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

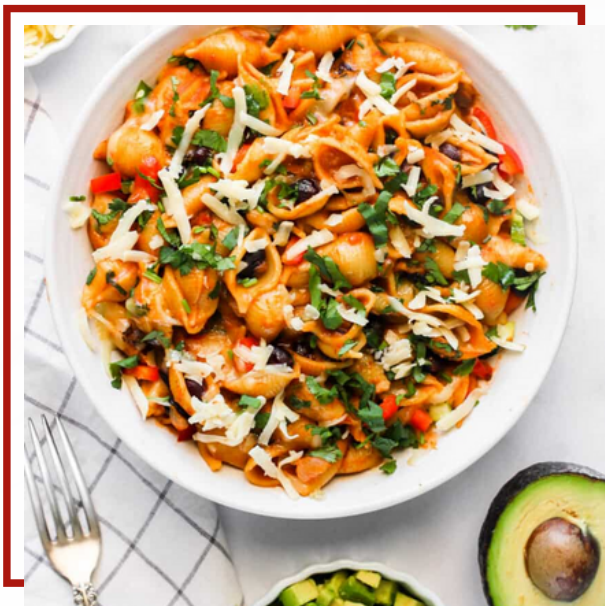
INSTRUCTIONS

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

- 1 tablespoon cooking oil
- 1 large yellow onion diced
- 1 jalapeño diced
- 1 can black beans rinsed and drained
- 1 cup mushrooms diced
- ½ cup red peppers diced
- 1 cup fresh or frozen corn optional
- 1 pound pasta shells
- 2 tablespoons taco seasoning mix ** love trader joes or Primal Palate
- 2 cups salsa
- 4 cups low sodium vegetable broth

Garnish

- ½ cup cilantro chopped
- 1 cup pepper jack cheese grated
- 1 avocado diced optional

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add black beans, mushrooms, peppers, and corn. Add taco seasoning and mix everything together.
3. Add pasta and broth. Mix well gently pushing the pasta under the liquids. Layer over the salsa but do not mix. This will prevent the BURN error on newer Instant Pots.
4. Close the Instant Pot with pressure valve to sealing. Pressure cook for 4 mins. Note: Cook time for the pasta shells I used was 9 minutes.
5. Quick-release and open the Instant Pot. Garnish with cilantro. Stir in half of the cheese. Serve with topped remaining cheese and diced avocados.

NOTES

- 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. This timing also works for gluten-free pasta
- Remember to add the cheese after the pasta is done pressure cooking

Wednesday: MUSHROOM MASALA



INGREDIENTS

- 1 pound white mushrooms rinsed, dried, and sliced
- 2 tablespoons ghee or neutral oil for vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- $\frac{3}{4}$ cup tomato puree or 2 fresh ripe red tomatoes pureed
- $\frac{1}{2}$ teaspoon ground turmeric
- $\frac{1}{2}$ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- $\frac{1}{2}$ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- $\frac{1}{3}$ cup cashews
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in $\frac{1}{2}$ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with $\frac{1}{4}$ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt, and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over cauliflower rice. Add a side of **Indian cucumber salad** for a delicious meal.

NOTES

- To cook this recipe on stove top, follow the recipe using a medium-sized pot. Instead of pressure cooking simply add extra $\frac{1}{2}$ cup of water along with the mushrooms and then cook covered on medium heat for 10 to 15 minutes, or until the mushrooms are cooked through.

Thursday: PANEER BUTTER MASALA



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INGREDIENTS

- 2 tablespoons ghee
 - 1 large yellow onion finely diced
 - 1 tablespoon ginger grated
 - 1 tablespoon garlic minced
 - 2 teaspoons Kashmiri red chili powder or another mild red chili powder
 - 1½ teaspoons kosher salt
 - ½ teaspoon ground turmeric
 - 1 cup canned tomato puree
 - ½ cup water
 - 1 pound paneer cut into 1/2-inch cubes
 - ½ cup heavy cream **
 - 2 tablespoons tomato paste
 - 2 tablespoons dried fenugreek leaves optional
 - 2 teaspoons sugar
 - 1 teaspoon garam masala
 - ½ cup chopped fresh cilantro
- Optional Ingredients to serve as Naan Pizza
- 1 cup shredded mozzarella cheese
 - 8 Naan

INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion, ginger, garlic, chile powder, salt, and turmeric and sauté until aromatic, about 1 minute. Add the tomato puree and water and stir to combine. Layer over the garam masala, but do not mix.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 8 minutes on high pressure.
3. Perform a quick release by moving the Pressure Release Valve to Venting. Open the pot and blend the sauce to a smooth consistency using an immersion blender. Stir in the paneer, cream, tomato paste, fenugreek leaves, and sugar. Select the high Sauté setting and cook until the curry comes to a gentle boil, about 5 minutes. Press the Cancel button to turn off the Instant Pot. Garnish with cilantro & serve.
4. To serve it as Paneer Makhani Naan Pizza: Preheat the oven to 400 degrees. Spread 3 to 4 tablespoons of makhani sauce on the naan, spread mozzarella cheese, and paneer cubes on top. Bake, grill or broil for 5 to 10 minutes or until the naan pizza comes out crisp.

NOTES

- There is no good substitute for fenugreek leaves. So if you don't have them, just skip
- You can also use fresh tomatoes instead of tomato puree. Simply puree ripe tomatoes in a blender
- Heavy cream can be substituted with unsweetened coconut cream or cashew cream. See my Dum aloo recipe to see how to make quick 5-minute homemade cashew cream
- You can substitute ghee with any neutral oil or butter if you like
- To make this dish vegan, use tofu instead of paneer and use the above ghee and cream substitutes
- Do not pressure cook Paneer as it can make it chewy. Simply allow the paneer cubes to soak in the hot sauce for 5 to 10 mins

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