



ministry of curry

WEEK OF:
11/01 - 11/05

Tip:
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Menu

MONDAY

Mushroom Masala - V, VG, GF, LC

TUESDAY

Black Bean and Corn Quesadillas - VG

WEDNESDAY

Vegetable Thai Green Curry - V, GF, LC

THURSDAY

Easy Paneer Kathi Roll

FRIDAY

Instant Pot Spinach Artichoke Mac and Cheese - VG

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"/> 16 oz pepper jack cheese | <input type="checkbox"/> 2 oz grated parmesan cheese | <input type="checkbox"/> 2 oz plain yogurt |
| <input type="checkbox"/> 2 oz cream cheese | <input type="checkbox"/> 4 oz grated mozzarella cheese | <input type="checkbox"/> 16 oz paneer |

FROZEN

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 cup frozen corn | <input type="checkbox"/> 8 Kawan parathas | <input type="checkbox"/> 2 oz frozen unsweetened coconut |
|--|---|--|

PANTRY

- | | | |
|--|--|---|
| <input type="checkbox"/> 6 oz tomato puree | <input type="checkbox"/> 1 can coconut milk | <input type="checkbox"/> 12 oz bottled artichoke hearts |
| <input type="checkbox"/> 3 oz raw cashews | <input type="checkbox"/> ½ lb macaroni shells | <input type="checkbox"/> 16 oz low sodium vegetable broth |
| <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 1 oz soy sauce | |
| <input type="checkbox"/> 8 tortillas | <input type="checkbox"/> 4 oz Thai green curry paste | |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 pound white mushrooms | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 8 oz cremini mushrooms |
| <input type="checkbox"/> 5 yellow onions | <input type="checkbox"/> 1 jalapeno | <input type="checkbox"/> 8 oz Thai eggplant |
| <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 6 oz baby spinach | <input type="checkbox"/> 8 oz snap peas |
| <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 1 zucchini | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 orange pepper | <input type="checkbox"/> 1 green pepper |
| <input type="checkbox"/> 1 bunch Thai basil | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 small bunch mint |
| <input type="checkbox"/> 2 green chiles | | |

SPICES

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> ground cumin | <input type="checkbox"/> Kashmiri red 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: 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.

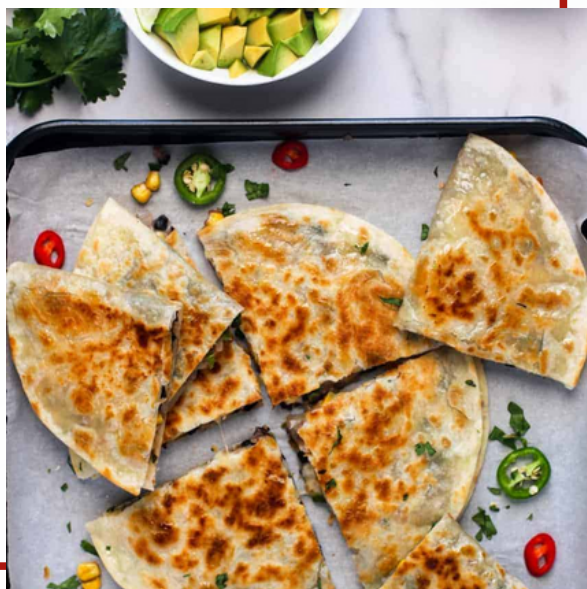
NOTES

- 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.

Tuesday: BLACK BEAN AND CORN QUESADILLAS

INGREDIENTS

- 1 medium yellow onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- ½ cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas **
- 2 cups pepper jack cheese shredded



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INSTRUCTIONS

Step 1 - Filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapeños. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step 2 - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:
 - a. Using one tortilla that is easier to flip
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp.
 - iii. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.
 - b. Using two tortillas
 - i. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
 - ii. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for a large party or hungry teenagers!
 - iii. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

NOTES

- Use corn tortillas for gluten-free quesadillas. Also, Siete Foods almond flour tortillas are paleo-friendly and vegan and perfect for this recipe

Wednesday: VEGETABLE THAI GREEN CURRY



INGREDIENTS

- 1 tablespoon oil
- 2 to 4 tablespoons Thai green curry paste
- 1 can coconut milk
- 1 large yellow onion sliced
- 1 medium zucchini cut half lengthwise and cut into ½ inch slices, about 1½ cups
- 8 oz cremini mushrooms quartered, about 1½ cups
- 1½ cups Thai eggplant cut into 1½ inch cubes, graffiti or Japanese eggplant
- 1 teaspoon salt
- 1 cup snap peas
- 1 small orange pepper 1 cup cut into 2 inch long slices
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce or tamari
- ½ fresh lime juiced
- ¼ cup cilantro
- ¼ cup thai basil

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk. Add onion, zucchini, mushrooms, eggplant and salt. Stir well.
2. Close the Instant Pot lid with the pressure valve to sealing and adjust the pressure cook time to 1 minute on low pressure. If you do not have the low-pressure option, you can set the time to zero minutes.
3. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Stir in the snap peas and pepper. Add brown sugar, soy sauce and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed.
4. Cook on sauté mode until the curry comes to a gentle boil. Press cancel, garnish with cilantro & basil. Allow to cook for 5 mins before serving as the curry thickens a bit. Serve with **steamed jasmine rice**.

NOTES

Tips:

- Add baked tofu for added proteins
- For a more soupy curry add ½ cup of vegetable broth along with the coconut milk

StoveTop Recipe:

1. Heat oil in a large skillet or wok. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk and ½ cup of water. Add onion, zucchini, mushrooms, eggplant, and salt. Stir well.
2. Cook covered on medium heat for 10 minutes or until all the veggies are cooked soft.
3. Stir in the snap peas and pepper. Add brown sugar, soy sauce, and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed. Cook uncovered on medium heat until the curry comes to a gentle boil. Garnish with cilantro & basil. **Serve with steamed rice.**

Thursday: 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

Friday: INSTANT POT SPINACH ARTICHOKE MAC AND CHEESE



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion finely diced
- 5 garlic cloves minced
- $\frac{3}{4}$ cup artichoke hearts drained and rough chopped, I like Trader Joe's bottled marinated artichokes
- $\frac{1}{2}$ lb uncooked macaroni shells or any pasta
- 6 oz baby spinach
- 2 cups low sodium vegetable broth
- 1 cup water
- $\frac{1}{2}$ teaspoon red pepper flakes optional
- 2 oz cream cheese, room temperature room temperature
- 2 tablespoons parmesan cheese grated
- $\frac{1}{2}$ cup mozzarella cheese grated

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to sauté mode and heat oil. Add onion and mix well. Cook for 2 minutes with a glass lid on.
2. Add garlic and stir well cooking for a minute. Add artichoke hearts and sauté for another minute.
3. Add uncooked pasta, broth, and water. Mix well. Make sure that most of the pasta is under the liquids. Note: Each pasta shape is different and you may need more or less water.
4. Close Instant Pot with pressure valve to sealing. Pressure Cook mode for 4 minutes followed by Quick Release.
5. Open Instant Pot, give a quick stir to the pasta. If the pasta looks dry-ish add another cup of broth, water, or low-fat milk
6. Set the Instant Pot to sauté mode and gently fold the spinach into the pasta and cook just until the spinach starts to wilt.
7. Add cream cheese, mozzarella, and grated parmesan. Add red pepper flakes and mix everything well until the cheeses blend well in the pasta. Enjoy hot!

NOTES

- Each pasta shape requires a different amount of water.
- Make sure most of the pasta is underwater before closing the Instant pot.
- Cook time for the elbow macaroni was 9 minutes. I half the cook time for Instant Pot. Hence cooked for 4 minutes. Adjust the cooking time according to the pasta box instructions.

Celebrating Diwali



RAVA COCONUT LADOO



AIR FRYER BALUSHAH



ROSE COCONUT KARANJI



BADAM BURFI



SHANKARPALI



SARANACHI PURI



SPINACH SEV



BHAJANI CHAKLI



PURAN POLI

Find more festive recipes here!

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