



# ministry of curry

WEEK OF:  
11/29 - 12/3

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Mumbai Pav Bhaji - VG

## TUESDAY

Instant Pot Spicy Taco Pasta - GF

## WEDNESDAY

Coconut Curry Noodle Soup - VG, V

## THURSDAY

Easy Paneer Kathi Roll - VG

## FRIDAY

Instant Pot Buffalo Chicken Chili - VG

## COOKING ICONS



Gluten-Free



Low Carb



Vegetarian



Vegan



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"/> 6 oz salted butter   | <input type="checkbox"/> 2 oz plain yogurt         | <input type="checkbox"/> 6 oz cheddar cheese grated     |
| <input type="checkbox"/> 16 oz paneer         | <input type="checkbox"/> 12 ounces extra firm tofu | <input type="checkbox"/> 6 oz pepper jack cheese grated |
| <input type="checkbox"/> 2 lbs ground chicken |  |   |

## FROZEN

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- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 4 oz frozen green peas | <input type="checkbox"/> 8 kewan parathas | <input type="checkbox"/> 2 oz frozen unsweetened coconut |
| <input type="checkbox"/> 8 oz sweet corn        |   |  |

## PANTRY

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- |  |   |  |
|--|---|--|
| <input type="checkbox"/> 3 oz tomato paste         | <input type="checkbox"/> 32 oz low sodium vegetable broth | <input type="checkbox"/> 12 potato buns                          |
| <input type="checkbox"/> 8 oz noodles udon noodles | <input type="checkbox"/> 40 oz low sodium chicken broth   | <input type="checkbox"/> 2 tablespoons red curry paste           |
| <input type="checkbox"/> 1 can coconut milk        | <input type="checkbox"/> 2 oz tomato paste                | <input type="checkbox"/> 1 15-ounce can black beans              |
| <input type="checkbox"/> 20 oz salsa               | <input type="checkbox"/> 1 lb pasta                       | <input type="checkbox"/> 6 oz Frank's Red Hot Buffalo Wing Sauce |

## PRODUCE

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 5 yellow onions             | <input type="checkbox"/> 1 green pepper        | <input type="checkbox"/> 2 red peppers      |
| <input type="checkbox"/> 3" ginger root              | <input type="checkbox"/> 1 garlic bulb         | <input type="checkbox"/> 1 cauliflower      |
| <input type="checkbox"/> 2 large Yukon gold potatoes | <input type="checkbox"/> 5 plum tomatoes       | <input type="checkbox"/> 1 medium red onion |
| <input type="checkbox"/> 1 lime                      | <input type="checkbox"/> 8 oz broccoli florets | <input type="checkbox"/> 4 carrots          |
| <input type="checkbox"/> 1 red onion                 | <input type="checkbox"/> 1 bunch scallions     | <input type="checkbox"/> 2 bunches cilantro |
| <input type="checkbox"/> 2 jalapenos                 | <input type="checkbox"/> 8 oz celery sticks    | <input type="checkbox"/> 1/2 lemon          |
| <input type="checkbox"/> 2 green chiles              |  |   |

## SPICES

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- |  |  |  |
|--|--|--|
| <input type="checkbox"/> pav bhaji masala          | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> kasoori methi |
| <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala    | <input type="checkbox"/> cumin seeds   |
| <input type="checkbox"/> taco seasoning mix        |  |  |

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: MUMBAI PAV BHAJI



PREP TIME: 20 MIN

COOK TIME: 35 MIN

TOTAL TIME: 55 MIN

SERVES: 6

## INGREDIENTS

- 2 to 4 tablespoons salted butter plus 4 tablespoons, at room temperature
- 1 large yellow onion finely diced
- ½ green bell pepper seeded and diced
- ½ red bell pepper seeded and diced (optional)
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 5 cups cauliflower florets 1-inch florets
- 2 large Yukon gold potatoes peeled and cut into 1-inch cubes
- 3 plum tomatoes cored and diced
- ½ cup frozen green peas
- Kosher salt
- 1 cup water
- 3 tablespoons tomato paste
- 1 to 2 tablespoon paav bhaji masala see Note
- 1 tablespoon Kashmiri red chili powder or another mild red chili powder see Note
- ¼ teaspoon ground turmeric
- ½ cup fresh cilantro finely chopped
- 12 potato buns
- 1 red onion finely diced
- 1 lime cut into wedges

## INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat 2 tablespoons of the butter. Add the yellow onion, ginger, garlic, and bell peppers and sauté until the onion turns translucent about 5 minutes. Add the cauliflower, potatoes, tomatoes, peas, and 2 teaspoons salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
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 6 minutes at high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher. Stir in the tomato paste, paav bhaji masala, red chile powder, and turmeric, followed by 2 tablespoons butter (optional but highly recommended). Cover the pot with a glass lid (or another nonlocking lid that fits), as the bhaji will start to splatter, and cook until heated through, about 5 minutes. Taste and adjust the seasoning with salt, paav bhaji masala, and chile powder if needed. Press the Cancel button to turn off the Instant Pot. Sprinkle with the cilantro.
4. Just before serving, use the remaining 4 tablespoons butter to spread 1 teaspoon room-temperature butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
5. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

## NOTES

\*\* Use 1 tablespoon Kashmiri red chili powder, 1/4 teaspoon ground turmeric, 1 teaspoon of garam masala and 1 tablespoon coriander powder as a substitute to Shan Keema seasoning mix.

## 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
- 2.5 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: COCONUT CURRY NOODLE SOUP

## INGREDIENTS

- 3 tablespoons coconut oil or regular cooking oil
- 12 to 16 ounces extra-firm tofu
- 1 to 2 cups red pepper cut into 2-inch long, ¼-inch thick wedges
- 1 to 2 cups broccoli cut into 1-inch small florets
- 1 large onion thinly sliced
- 8 oz noodles udon noodles or linguine
- 1 to 3 tablespoons red curry paste
- 2 carrots peeled and cut into 2-inch long, ¼-inch thick wedges
- 1 tablespoon ginger grated
- 4 cups low sodium vegetable broth we like better than bouillon broth base
- 1 can coconut milk
- 1 teaspoon kosher salt



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 5

## INSTRUCTIONS

1. Cut all the veggies. Turn the Instant Pot to saute mode and heat 1 tablespoon of oil. Add onions and saute for 2 minutes. Add broccoli and peppers and saute for another 2 mins. Take all the veggies out and reserve.
2. Next step is to stir-fry tofu for which you have 2 options:
  - a. Add 1 tablespoon oil to a non-stick skillet, add the cut tofu and cook until both sides turn golden brown. Take the tofu out and reserve.
  - b. You can also stir-fry the tofu in the Instant Pot insert, just note that the tofu may stick to the bottom of the pan. Set the Instant Pot to saute mode and heat 1 tablespoon oil. Add the tofu and cook for 2 minutes on each side or until both sides turn golden brown. Take the tofu out and reserve. Deglaze the pot really well before moving on to the next step.
3. Add remaining 1 tablespoon oil to the Instant Pot and add red curry paste. Saute for 30 seconds. Add carrots, noodles, broth, and coconut milk. Add ginger and salt. Gently stir pushing all the noodles under the liquids.
4. Close the Instant Pot with pressure valve to sealing set to Pressure Cook/Manual for 3 minutes. Note: read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins). Quick release. Stir in cooked tofu and veggies. Set the Instant Pot to saute mode and cook until the soup comes to a gentle boil. Adjust salt and pepper to taste.

## NOTES

- Please visit the recipe on the blog for notes and a stovetop version.

# 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 BUFFALO CHICKEN CHILI



PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 6

## INGREDIENTS

- 1 tablespoon olive oil
- 1 small onion chopped
- 2 stalks of celery chopped
- 2 plum tomatoes diced
- 2 carrots peeled and chopped
- 4 garlic cloves minced
- 1 jalapeno diced optional, add for spicier chili
- 1 15-ounce can black beans (rinsed and drained)
- 1 cup frozen sweet corn
- 1 pound ground chicken
- $\frac{3}{4}$  cup Frank's Red Hot Buffalo Wing Sauce
- 1 cup chicken broth
- 2 tablespoons tomato paste
- $\frac{1}{2}$  teaspoon kosher salt
- $\frac{1}{4}$  cup chopped scallions for garnish
- $\frac{1}{2}$  cup shredded Mexican cheese
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## INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat olive oil. Add onions, celery, tomatoes, carrots, garlic, jalapenos. Mix well.
2. Add beans, corn mix well. Add ground chicken and mix well breaking in the chicken. Add buffalo sauce, tomato paste, salt, and chicken broth. Mix well.
3. Close the Instant Pot lid with pressure valve to sealing. Cook on manual/pressure cook for 8 mins followed by Quick Release.
4. Garnish with chopped scallions and Mexican cheese. Serve with tortilla chips.

## NOTES

- Update, we have also made this chili many times with 5 minutes of pressure cook time and it comes out perfect too!