



ministry of curry

WEEK OF:
11/29 - 12/3

Tip:
You can
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Menu

MONDAY

Mumbai Pav Bhaji - VG

TUESDAY

Vegetarian Taco Pasta - GF

WEDNESDAY

Coconut Curry Noodle Soup - VG, V

THURSDAY

Easy Paneer Kathi Roll - VG

FRIDAY

Instant Pot Dal Makhani - 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"/> 6 oz salted butter | <input type="checkbox"/> 2 oz plain yogurt | <input type="checkbox"/> 4 oz cream |
| <input type="checkbox"/> 8 oz pepper jack cheese | <input type="checkbox"/> 12 ounces extra firm tofu | <input type="checkbox"/> 16 oz paneer |

FROZEN

- | | | |
|---|---|--|
| <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 frozen corn | | |

PANTRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 3 oz tomato paste | <input type="checkbox"/> 12 potato buns | <input type="checkbox"/> 8 oz noodles udon noodles |
| <input type="checkbox"/> 16 oz salsa | <input type="checkbox"/> 64 oz low sodium vegetable broth | <input type="checkbox"/> 2 tablespoons red curry paste |
| <input type="checkbox"/> 8 oz black gram bean | <input type="checkbox"/> 3 oz red kidney beans | <input type="checkbox"/> 8 oz brown rice |
| <input type="checkbox"/> 15 oz can black beans | <input type="checkbox"/> 1 pound pasta shells | <input type="checkbox"/> 1 can unsweet coconut milk |
| <input type="checkbox"/> 32 oz low sodium vegetable broth | | |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 5 yellow onions | <input type="checkbox"/> 1 green pepper | <input type="checkbox"/> 3 red peppers |
| <input type="checkbox"/> 4" ginger root | <input type="checkbox"/> 1 garlic bulb | <input type="checkbox"/> 1 large cauliflower |
| <input type="checkbox"/> 2 large Yukon gold potatoes | <input type="checkbox"/> 6 tomatoes | <input type="checkbox"/> 2 bunches cilantro |
| <input type="checkbox"/> 2 red onions | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 8 oz broccoli florets |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 small bunch mint |
| <input type="checkbox"/> 2 green chiles | <input type="checkbox"/> 1/2 lemon | <input type="checkbox"/> 2 cups tomatoes |
| <input type="checkbox"/> 1 jalapeño | <input type="checkbox"/> 8 oz white mushrooms | |

SPICES

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

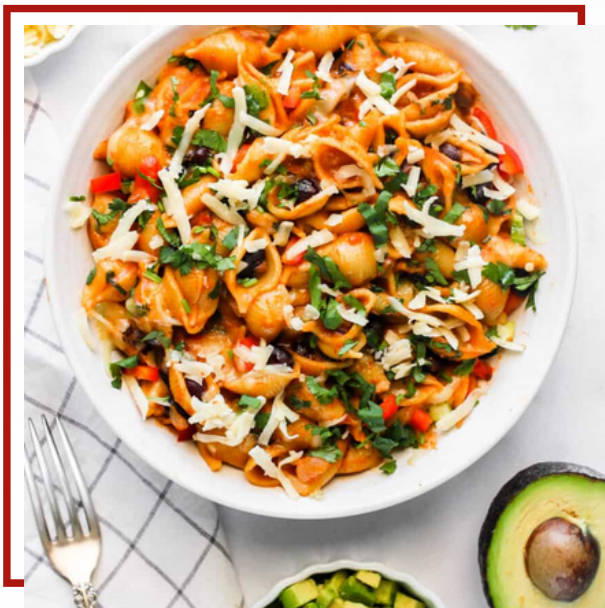
INSTRUCTIONS

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

- 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: 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 DAL MAKHANI



INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
 - ½ cup red kidney beans
 - 1 tablespoon oil **
 - 1 teaspoon cumin seeds
 - 1 medium yellow onion finely diced
 - ¼ teaspoon ground turmeric
 - 2 tablespoons fresh ginger grated
 - 2 cups tomatoes diced
 - 2 teaspoons kosher salt
 - 2 teaspoons Kashmiri red chili powder
 - 2 cups water
 - ½ cup light cream **
 - 1 teaspoon garam masala
 - ¼ cup cilantro chopped
- Optional Pot in Pot rice
- 1 cup brown rice
 - 2 cups water
 - 1 teaspoon salt

PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
 2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
 3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.
- The next step is to make a pot in pot brown rice (optional)
1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
 2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
 3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add **garam masala** (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes