



ministry of curry

WEEK OF:
12/13 - 12/17

Tip:
You can
click on
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Menu

MONDAY

Green Bean Curry - VG

TUESDAY

Pot Pasta Fagioli Soup - VG, V

WEDNESDAY

Kheema Pulao Instant Pot

THURSDAY

Instant Pot Tandoori Salmon - GF

FRIDAY

Spicy Masala Mac and Cheese - 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

- | | | |
|---|---|--|
| <input type="checkbox"/> 8 oz milk | <input type="checkbox"/> 8 oz paneer | <input type="checkbox"/> 8 oz pepper jack cheese |
| <input type="checkbox"/> 16 oz cheddar cheese | <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 24 oz salmon filet |

FROZEN

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

PANTRY

- | | |
|---|--|
| <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz long grain Basmati rice | <input type="checkbox"/> 16 oz Extra long grain Basmati rice |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 1½ pounds green beans | <input type="checkbox"/> 1 small bunch mint | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 potato | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 3 yellow onions | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 4 oz white mushrooms | <input type="checkbox"/> 1 tomato |
| <input type="checkbox"/> 2 jalapeños | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 4 inch ginger root |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> whole green cardamoms |
| <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala | <input type="checkbox"/> cumin seeds |
| <input type="checkbox"/> ground cumin | <input type="checkbox"/> cloves | <input type="checkbox"/> whole black peppercorns |
| <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> 4 bay 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: GREEN BEAN CURRY



INGREDIENTS

- 1½ tablespoons oil
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or a mild variety
- 2 teaspoon ground coriander
- 1½ teaspoons kosher salt
- 1 pound green beans trimmed & cut into 1-inch pieces, about 3 cups
- 1 medium potato peeled and cut into ½-inch cubes
- ¼ cup water
- ½ lemon
- ¼ cup cilantro finely chopped

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to saute mode and heat oil. Add cumin seeds and allow them to sizzle. Add turmeric and mix well. Add green beans, salt and mix well. Add water and mix well. Add potatoes, layer over red chili powder, coriander. Do not mix.
2. Pressure cook for 2 minutes followed by quick release. Open the Instant Pot and squeeze lemon juice. Mix well, garnish with cilantro and enjoy with hot rotis.

Tuesday: PASTA E FAGIOLI



INGREDIENTS

- 2 tablespoons olive oil
- 2 carrots peeled and sliced
- 2 celery sticks thinly sliced
- 10 garlic cloves minced
- 1 big russet potato peeled and cut into small cubes
- 1 cup tomato sauce marinara sauce
- 1 can cannellini beans rinsed and drained
- 1 cup ditalini pasta
- 1 teaspoon dried parsley or 1 tablespoon fresh parsley
- ½ teaspoon crushed red pepper optional
- 4 cups vegetable broth low sodium
- 2 cups baby spinach or baby kale rough chopped (optional)

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat olive oil. Add carrots, celery, and garlic. Saute for a minute.
2. Add potatoes, tomato sauce, cannellini beans, pasta, parsley, crushed red pepper, and vegetable broth. Mix well.
3. Close Instant Pot with pressure valve to sealing. Cook on Pressure Cook/Manual(Hi) for 4 mins followed by Quick Release. Add salt and pepper to taste. Stir in baby spinach and enjoy hot!

NOTES

- The pressure cook time should be half the cook time suggested on the pasta box.
- The soup may look watery when you open the pot, give a quick stir and the soup will thicken up as it cools down.

Wednesday: KHEEMA PULAO INSTANT POT



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INGREDIENTS

- 2 tablespoons ghee
- 1 teaspoon shah jeera or cumin seeds
- ½ teaspoon black peppercorns
- 2 inch cinnamon stick
- 2 bay leaves
- 1 medium onion thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 1 pound ground chicken
- 1 tomato diced
- 1 teaspoon red chili powder
- ¼ teaspoon turmeric
- handful of mint leaves chopped
- 2 teaspoon kosher salt
- 1 cups long grain Basmati rice
- 1½ cups water

Garnish

- 1 lime
- ½ cup cilantro chopped
- 1 teaspoon black pepper freshly ground

INSTRUCTIONS

1. Set the Instant Pot to sauté (more) mode and heat ghee. Add jeera, black peppercorn, cinnamon, and bay leaves. Saute for 30 seconds.
2. Add onions and sauté for 5 minutes or until the onions start to brown. Add ginger, garlic, and chicken. Sauté, breaking the chicken and browning it for a minute. Add tomatoes, red chili powder, turmeric, mint leaves, and salt. Mix well.
3. Add rice and water. Gently mix making sure all the rice is under the liquids. Close the Instant Pot lid with a pressure valve to sealing. Pressure cook (Hi) 5 mins with 5 minute NPR.
4. Open the Instant Pot and gently fluff the top rice (Note, if the rice looks uncooked on the top, just mix it with the rice under and close the Instant Pot for 5 minutes)
5. Add lime juice, cilantro, and black pepper. Turn the Instant Pot off and take the insert out so the rice does not overcook or get mushy. Enjoy hot.

Thursday: INSTANT POT TANDOORI SALMON



INGREDIENTS

- 1½ pounds salmon boneless fillets, about 1 inch thick
- 1 tablespoon ginger grated
- 1 tablespoon garlic pressed
- 1 teaspoon garam masala
- ½ to 1 tablespoon red chili powder Kashmiri or any mild variety
- ½ teaspoon ground turmeric
- 1 tablespoon lemon juice
- 1 tablespoon oil
- 1 teaspoon kosher salt

PREP TIME: 5 MIN

COOK TIME: 30 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Wash and pat dry salmon with a paper towel and cut into 5 to 6 pieces.
2. In a medium bowl mix ginger, garlic, garam masala, red chili powder, turmeric, lemon juice, oil, and salt. Spread the marinade evenly on the salmon. Arrange the salmon pieces on the steamer basket with the skin side down.
3. Add 1 cup of water to the Instant Pot insert. Place the steamer basket inside the Instant Pot.
4. Close the Instant Pot lid with pressure release to sealing. Select the Pressure Cook/Manual Setting and adjust the cooking time to 3 mins high pressure. Quick-release and open the Instant Pot. Enjoy hot with a squeeze of fresh lemon and thinly sliced red onions.

NOTES

Always quick release when cooking fish in the Instant Pot to avoid overcooking.

- a. This recipe makes well-done salmon, if you like it medium-rare or medium, pressure cook it for just 1 to 2 minutes.

Friday: MASALA MAC AND CHEESE



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Kashmiri red chili powder or any mild chili powder, add less if using a spicier variety
- 1 teaspoon **garam masala**
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 16 oz elbow macaroni
- 4 cups low sodium vegetable broth I use 4 teaspoons of Better than Bouillion vegetable broth paste mixed in 4 cups of water
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 teaspoon red chili flakes optional
- 1¼ cup cilantro chopped

INSTRUCTIONS

1. Set the Instant Pot to sauté mode & heat oil. Add onions, peppers & jalapeno & saute for 3 to 4 minutes or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode & add milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the saute mode once all the cheese is melted. Garnish with red chili flakes & cilantro. Enjoy hot!

Stovetop Recipe

1. Boil the pasta as per the package instructions, drain the water, and set aside.
2. Heat oil in a large pot or work and add onions, peppers & jalapenos. Saute for 5 to 7 minutes on medium heat or until the onions turn translucent stirring frequently
3. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well cooking for another minute. Add the cooked pasta, ½ cup of water, and mix well until the pasta is heated through
4. Lower the heat to medium-low and slowly stir in milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the heat once all the cheese has melted. Garnish with red chili flakes & cilantro. Enjoy hot!

NOTES

- Please find additional notes on the [blog](#)