



ministry of curry

WEEK OF:
12/13 - 12/17

Tip:
You can
click on
orange font



Menu

MONDAY

Green Bean Curry - VG

TUESDAY

Pot Pasta Fagioli Soup - V

WEDNESDAY

Instant Pot Vegetable & Paneer Biryani - GF

THURSDAY

Thai Basil Fried Rice - GF

FRIDAY

Spicy Masala Mac and Cheese

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"/> 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"/> 14 oz extra firm tofu | |

FROZEN

- ☐ 4 oz frozen corn

PANTRY

- | | | |
|---|--|---|
| <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 64 oz low sodium vegetable broth |
| <input type="checkbox"/> 16 oz jasmine rice | <input type="checkbox"/> 2 oz hoisin sauce | <input type="checkbox"/> 8 oz tomato sauce |
| <input type="checkbox"/> 2 oz soy sauce | <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 1 can cannellini beans |
| | | <input type="checkbox"/> 8 oz ditalini pasta |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 1½ pounds green beans | <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 1 bunch Thai basil leaves |
| <input type="checkbox"/> 1 potato | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 4 oz white mushrooms |
| <input type="checkbox"/> 3 yellow onions | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 2 red bell peppers |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 small bunch mint | <input type="checkbox"/> 1 yellow bell pepper |
| <input type="checkbox"/> 2 jalapeños | <input type="checkbox"/> 4 carrots | <input type="checkbox"/> 4 inch ginger root |
| <input type="checkbox"/> 2 celery sticks | <input type="checkbox"/> 1 russet potato | <input type="checkbox"/> 4 oz baby spinach |

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"/> dried parsley | <input type="checkbox"/> 2 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: INSTANT POT VEGETABLE & PANEER BIRYANI

INGREDIENTS

- 2 cups Extra long grain Basmati rice
- 2 cups water for soaking
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon cumin seeds
- 4 whole green cardamom
- 4 cloves
- 10 whole black peppercorns
- 2 bay leaves
- 1 cup carrots chopped lengthwise into 1-inch x ¼ inch strips
- 1 cup green beans chopped into 1-inch pieces
- 1 cup white mushrooms halved
- ½ cup red pepper chopped into 1-inch x ½ inch strips
- ½ cup corn
- 1 cup paneer cubed into ½ inch cubes
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon **garam masala**
- 3 teaspoons kosher salt divided
- 2 cups water for cooking
- 2 tablespoons fresh mint chopped
- ½ cup cilantro chopped



PREP TIME: 30 MIN

COOK TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 minutes. Drain water after 20 minutes.
2. Set the Instant Pot to Saute(More) mode and heat half of the ghee. Add sliced onions and cook for 5-7 minutes or until the onions are lightly caramelized. Take half of the onions out and reserve for garnish.
3. Add remaining ghee, cumin seeds, cardamom, cloves, black peppers, and bay leaves. Cook for 30 seconds. Add all the veggies (carrots, green beans, mushrooms, red pepper, corn, paneer). Press cancel and deglaze the pot removing any browning. Use 1 to 2 tablespoons of water if needed.
4. Add ginger, garlic, turmeric, red chili powder, garam masala, and half of the salt. mix well. Add mint, rice, and remaining salt. Add water. Mix well, making sure most of the rice is underwater.
5. Close the Instant Pot with pressure valve to sealing. Pressure Cook(low-pressure) for 5 minutes followed by Quick release. Open the Instant Pot. Garnish with caramelized onions and cilantro. Serve hot with Raita or yogurt.

NOTES

- Deglaze the pot after adding the vegetables to remove any browning in the pot from sautéing the onions. This will help the Instant Pot come to pressure and also prevent the biryani fromFor You can make this recipe Vegan by using coconut oil instead of ghee and extra firm tofu instead of paneer
- I have modified the cooking time for this recipe to 5 minutes LO pressure cook as sometimes store-bought paneer can get chewy when cooked under high pressure. If your Instant Pot does not HI/LO pressure cook options, you can cook for 6 minutes under high pressure and then stir in the paneer in the end.

Thursday: THAI BASIL FRIED RICE



PREP TIME: 20 MIN
TOTAL TIME: 20 MIN
SERVES: 4

INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu baked or stir-fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1 inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1 inch strips
- 1 cup packed Thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant.
2. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next, add half of the Thai basil leaves and stir well. Stir in soy sauce, hoisin sauce, and chili garlic sauce.
3. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in.
4. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!

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 Bouillon 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](#)