



ministry of curry

WEEK OF:
09/28 - 10/04

Tip:
You can
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Menu

MONDAY*

Instant Pot Shrimp Biryani

TUESDAY*

Chicken Tinga Tacos

WEDNESDAY

Instant Pot Palak Paneer

THURSDAY*

Instant Pot Chicken Cilantro Soup

FRIDAY

Masala Mac and Cheese

VEGETARIAN OPTIONS

MONDAY

Instant Pot Vegetable & Paneer Biryani

TUESDAY

Cauliflower Tacos

THURSDAY

See recipe for vegetarian option

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"/> 16 oz grated cheddar cheese | <input type="checkbox"/> 1 lb paneer |
| <input type="checkbox"/> 12 oz milk 2% or whole | <input type="checkbox"/> 3 pounds chicken breasts, skinless boneless | |

FROZEN

- ☐ 1 pound extra large Shrimp 20

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 4 inch fresh gingerroot | <input type="checkbox"/> 2 garlic heads |
| <input type="checkbox"/> 4 tomatoes | <input type="checkbox"/> 1 russet potato | <input type="checkbox"/> 2 bunches cilantro |
| <input type="checkbox"/> 4 radishes | <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 lb fresh baby spinach | <input type="checkbox"/> 10 small green chilies |
| <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 red pepper |
| <input type="checkbox"/> 2 jalapeños | | |

PANTRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 12 corn tortillas | <input type="checkbox"/> 15 cashews | <input type="checkbox"/> 1 LB long grain basmati rice |
| <input type="checkbox"/> 4 oz corn starch | <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 20 oz low sodium chicken broth |
| <input type="checkbox"/> 3.5 oz can chipotle peppers in adobo sauce | | <input type="checkbox"/> 4 cups low sodium vegetable broth |

SPICES

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> black peppercorn | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> ground cumin | |

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: INSTANT POT SHRIMP BIRYANI



PREP TIME:20 MIN
COOK TIME:20 MIN
TOTAL TIME:40 MIN
SERVES:5

INGREDIENTS

- 2 cups long grain basmati rice
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 8-10 black peppercorn
- 2 bay leaves1 large onion thinly sliced
- 1/2 tablespoon ginger grated
- 1/2 tablespoon garlic grated
- 1 tomato diced
- 1 russet potato cubed
- 1/2 teaspoon turmeric
- 1-2 teaspoon mild red chili powder I used Kashmiri chili powder
- 1 teaspoon garam masala
- 2 teaspoon kosher salt
- 1 pound extra large Shrimp 20 (frozen, no need to thaw)
- 1/2 cup cilantro for garnish

INSTRUCTIONS

1. Rinse and soak the rice in 2 cups of water for 20 mins.
2. Drain the rice after 20 mins. Turn the Instant Pot to Sauté(More) mode. Once the hot sign displays, add ghee. Add cumin seeds, peppercorn and bay leaves. Sauté for 30 seconds.
3. Add onions and mix well. Cook covered with a glass lid on for 3-4 mins, until the onions are translucent and light golden in color.
4. Add ginger, garlic, tomatoes, potatoes, turmeric, red chili powder, garam masala and salt. Mix well.
5. Add shrimp, rice and 2 cups of water. Mix well, making sure all the rice is under the liquids.
6. Close Instant Pot lid with the pressure valve to sealing. Cook on Manual(low pressure) for 4 mins followed by 3 minute natural pressure release.
7. Garnish with fresh cilantro. Serve hot with raita and lime wedges.

Tuesday: INSTANT POT CHICKEN TINGA TACOS



PREP TIME:10 MIN
COOK TIME:30 MIN
TOTAL TIME:40 MIN
SERVES:6

INGREDIENTS

- 3.5 oz chipotle peppers in adobo sauce
- 1 large tomato quartered 4 garlic cloves
- 2 tbsp oil 1 large onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- 1/2 cup low sodium chicken broth
- 2 teaspoon kosher salt
- 1 tsp Cayenne pepper optional to taste

To Serve:

- 12 corn tortillas

Optional toppings to serve:

- 1/2 cup Cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- cheese pepper jack, cotijo or queso fresco
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic and half a can chipotle peppers with adobo sauce and set aside. My advice: Double up all the ingredients here, so you can use the full 7 ounce can of Chipotle peppers in adobo, 2 tomatoes and 8 garlic cloves. This will make little over a cup of sauce. Use half and freeze half for later or add more sauce for extra heat in the end!
2. Turn the Instant Pot to Saute mode and heat oil. Add sliced onions and cook for a minute with glass lid on. Add diced tomatoes, chicken breasts, broth and salt. Pour the pepper puree over the chicken breasts. Select the Manual/Pressure Cook (HI) option and adjust the cook time to 8 minutes.
3. Allow 10 minutes of natural pressure release. Open the Instant Pot, take the chicken out and shred it using two forks. Put the shredded chicken back in the pot and turn the Instant Pot to Saute mode. Cook for 5 mins or until the sauce thickens to desired consistency. Adjust salt and add cayenne pepper to taste.
4. To serve: Cook the corn tortilla directly over medium flame until it gets a few charred marks. Serve with cabbage, red onions, cilantro, guacamole, mexican cheese and squeeze of fresh lime!

Wednesday: INSTANT POT PALAK PANEER



INGREDIENTS

- 1 LB spinach fresh or frozen, chopped
- 2 cups paneer cubed
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 medium onion chopped fine
- 1-2 teaspoon hot green chili minced
- 1 teaspoon garlic minced
- 1 teaspoon ginger minced
- 15 cashews
- 1/4 cup milk
- 1 teaspoon garam masala
- 1 teaspoon kosher salt

PREP TIME: 5 MIN

COOK TIME: 10 MIN

TOTAL TIME: 15 MIN

SERVES: 4

INSTRUCTIONS

1. Add cashews to milk and blend together to make a smooth paste. Keep aside.
2. Turn IP to saute mode. Once the hot sign displays add ghee. Add cumin seeds, ginger, garlic and green chili. Saute for a min. Add onions and cook for 2 mins stirring a few times. Add chopped spinach, salt and 1 cup of water. Close IP with pressure valve to sealing.
3. For frozen spinach - manual(Hi) for 1 min
4. For fresh spinach - Manual(Hi) for 0 min
5. Quick release. Turn IP to Saute(Less), this will stop the spinach puree from splattering all over.
6. Add ½ cup of water(optional) and blend to make smooth paste using immersion blender. Add cashew paste, garam masala and paneer. Gently stir everything together. Serve hot with rice or parathas.

NOTES

- PRO tips to keep the palak paneer looking green and fresh:
 - a. Quick release as soon as the pressure cooking cycle completes.
 - b. Turn off the keep warm button as you do the quick release.
 - c. Make sure that the Instant Pot is turned off as you are puree with the immersion blender. Take the inside pot out on a hot plate while pureeing. As you may need to tilt the pot to avoid splattering.
 - d. Return the inner pot back to the Instant Pot housing, add cashew paste, garam masala and paneer. Cook on sauté for 1 to 2 minutes only or until the gravy comes to a gentle boil.
 - e. Turn off the Instant Pot and take the inner pot out and keep it on a hot plate to avoid overcooking the spinach.

Thursday: INSTANT POT CHICKEN CILANTRO SOUP



INGREDIENTS

- 2 tablespoon oil divided
- 1 tablespoon garlic minced
- 3-6 green chillies or 1-3 jalapeño sliced
- 2 tablespoon grated ginger divided
- 1 cup cilantro stems roughly chopped
- 1 pound chicken breasts
- 12 black peppercorns
- 1 teaspoon salt
- 2 cup low sodium chicken broth we used better than bouillon
- 1 cup cabbage thinly sliced
- 1 cup carrots julienned
- 3 tablespoon corn starch or arrowroot powder mixed in 1 cup of water
- 1/4 teaspoon fresh ground pepper optional
- 1/2 cup cilantro chopped
- 2 tablespoon lemon juice

PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MIN

SERVES:6

INSTRUCTIONS

1. Turn Instant Pot to Saute(more) mode and heat 1 tablespoon oil. Add garlic, green chillies, 1 tablespoon ginger and cilantro stems. Mix well.
2. Add chicken breasts, black peppercorn, salt, 2 cups of water and 2 cups of broth. Give a quick stir and close Instant Pot with pressure valve to sealing.
3. Set Instant Pot on Manual(Hi) for 10 minutes followed by Natural Pressure Release.
4. Open Instant Pot and take the chicken breasts out. Shred the chicken with a fork and keep aside.
5. Take a large bowl and strain the broth. Squeeze out any juices by gently pressing the stems in the strainer. Discard the stems from the strainer. Reserve the broth.
6. Rinse and dry the Instant Pot insert. Put the insert back and set the Instant Pot to sauté mode. Add the remaining oil, cabbage, carrots and remaining ginger. Mix well.
7. Add shredded chicken, reserved broth and corn starch water.
8. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, lemon juice and chopped cilantro.
9. Enjoy hot!

NOTES

- Skip the chicken all together and follow the remaining recipe to make a perfect vegan soup. Just replace the chicken broth with vegetable broth. If you can find enoki mushroom, they add a great crunch too.
- Adjust the corn starch or arrowroot powder, to the textures you prefer.
- Adjust green chillies and fresh ginger to take the spice level up or down.
- Go ahead and double up on cilantro if you have extra.

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
- 1/4 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 paste, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 mins.
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!

NOTES

Visit the blog for [stovetop instructions](#) and tips on [making perfect instant pot pasta](#)