



ministry of curry

WEEK OF:
10/12 - 10/18

Tip:
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Menu

MONDAY

Instant Pot Pasta e Fagioli

TUESDAY

Black Bean and Corn Quesadillas

WEDNESDAY

Instant Pot Spinach Dal and Rice

THURSDAY*

Spicy Malabar Shrimp Curry

FRIDAY

Paneer Makhani Naan Pizza

&

Instant Pot Kheer

VEGETARIAN OPTION

THURSDAY

Mushroom Masala

Visit the blog for substitutions, variations, and tips for each recipe.

Grocery Shopping List

BAKERY

☐ 8 Naan

PROTEIN & DAIRY

☐ 1 lb paneer

☐ 16 oz pepper jack cheese

☐ 8 oz shredded mozzarella cheese

☐ 4 oz heavy cream

☐ 40 oz low fat milk

FROZEN

☐ 8 oz frozen corn

☐ 20 extra large shrimp

PRODUCE

☐ 20 curry leaves

☐ 4 carrots

☐ 2 celery sticks

☐ 2 garlic heads

☐ 2" ginger root

☐ 1 big russet potato

☐ 10 oz baby spinach

☐ 4 large yellow onions

☐ 1 bunch cilantro

☐ 1 jalapeno

☐ 2 green chilis

☐ 4 tomatoes

PANTRY

☐ 1 can black beans

☐ 1 can cannellini beans

☐ 8 oz ditalini pasta

☐ 8 flour tortillas

☐ 4 oz red lentils

☐ 32 oz low sodium vegetable broth

☐ 1 cup basmati rice

☐ 2 oz tamarind paste

☐ 8 oz tomato sauce

☐ 8 oz canned tomato puree

☐ 1 can tomato paste

☐ 4 oz white rice

☐ ½ cup sugar

☐ 4 oz raw almonds

☐ 2 tablespoon raisins

☐ 1 tablespoon shredded unsweetened coconut

SPICES

☐ dried parsley

☐ 1 dried red chili

☐ saffron

☐ ground cardamom

☐ ground cumin

☐ ground turmeric

☐ cumin seeds

☐ mustard seeds

☐ fenugreek seeds

☐ Kashmiri red chilli powder

☐ dried fenugreek leaves

☐ garam masala

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 PASTA FAGIOLI SOUP



INGREDIENTS

- 2 tbsp olive oil
- 2 carrots peeled and sliced
- 2 celery sticks thinly sliced
- 8-10 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
- 1/2 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.

Tuesday: BLACK BEAN AND CORN QUESADILLAS



INGREDIENTS

- 1 medium onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- 1/2 cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas
- 2 cups pepper jack cheese shredded

PREP TIME:20 MIN

COOK TIME:20 MIN

TOTAL TIME:40 MIN

SERVES:4

INSTRUCTIONS

Step I - Make the filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapenos. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step II - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:

Using one tortilla- Smaller quesadilla and easier to flip

1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp
3. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.

Using two tortillas - Needs a bit practice to flip

1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for large party or hungry teenagers
3. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

Wednesday: INSTANT POT SPINACH DAL AND RICE



INGREDIENTS

- 1 tablespoon ghee
- 1/2 teaspoon cumin seeds
- 1/8 teaspoon ground turmeric
- 1 green chili chopped
- 4 garlic cloves or 1 tablespoon garlic chopped
- 4 curry leaves optional
- 1 plum tomato diced
- 1 teaspoon kosher salt
- 2 cups water
- 1/2 cup red lentils
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup basmati rice
- 1 teaspoon kosher salt
- 1.5 cups water

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt and 1.5 cups of water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 mins. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped Spinach and mix well. Cook on Sauté mode until the daal comes to gentle boil.
5. Enjoy hot with steamed basmati rice.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.

Thursday: SPICY MALABAR SHRIMP CURRY



INGREDIENTS

- 20 Jumbo/extra large shrimps shelled, deveined and thawed
- 3 tablespoons oil
- 2 teaspoons mustard seeds
- 1/2 teaspoon fenugreek seeds
- 1 cup yellow onion thinly sliced
- 1 hot green chili slit lengthwise, optional
- 15 curry leaves
- 4 garlic cloves
- 1/2 inch ginger
- 1 dried red chili
- 1/2 teaspoon turmeric
- 3 tomatoes finely diced
- 2 tablespoons tamarind paste more or less depending on the sourness you like
- 1/4 cup cilantro finely chopped
- 1/2 cup water
- Salt to taste

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Heat the oil in a heavy bottom saucepan on a medium heat. Add mustard seeds and allow them to splutter. Add fenugreek seeds and onions. Saute for a minute and add green chili along with half the curry leaves. Continue to cook for 5 minutes over a medium heat until the onions begin to change color to a light brown.
2. Make fine paste of ginger, garlic and dry red chili in a blender and add it to the pan. Add turmeric powder and mix well.
3. Add tomatoes and continue to cook until they soften for 5 minutes. Add water along with tamarind paste and mix well. Lower the heat and bring to simmer for 2 minutes.
4. Add shrimp and cook covered over a low heat for 5 minutes stirring half way through. Turn the heat off and add remaining curry leaves and cilantro. Serve with steamed **Basmati rice**.

Friday: PANEER MAKHANI NAAN PIZZA



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INGREDIENTS

- 2 tablespoons ghee
- 1 large yellow onion finely diced
- 1 tablespoon grated fresh ginger
- 1 tablespoon minced garlic
- 2 teaspoons Kashmiri red chilli powder or another mild red chile powder
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground turmeric
- 1 cup canned tomato puree
- 1/2 cup water
- 1 pound cubed paneer in 1/2-inch cubes
- 1/2 cup heavy cream see Note
- 2 tablespoons tomato paste
- 2 tablespoons dried fenugreek leaves optional
- 2 teaspoons sugar
- 1 teaspoon garam masala
- 1/2 cup chopped fresh cilantro

Optional Ingredients to serve as Naan Pizza

- 1 cup shredded mozzarella cheese
- 8 Naan

INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion, ginger, garlic, chile powder, salt, and turmeric and sauté until aromatic, about 1 minute. Add the tomato puree and water and stir to combine. Layer over the garam masala, but do not mix.
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 8 minutes on high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot and blend the sauce to a smooth consistency using an immersion blender. Stir in the paneer, cream, tomato paste, fenugreek leaves and sugar. Select the high Sauté setting and cook until the curry comes to a gentle boil, about 5 minutes. Press the Cancel button to turn off the Instant Pot. Garnish with cilantro & serve.
4. To serve it as Paneer Makhani Naan Pizza: Preheat the oven at 400 degrees. Spread 3 to 4 tablespoons of makhani sauce on the naan, spread mozzarella cheese and paneer cubes on top. Bake, grill or broil for 5 to 10 minutes or until the naan pizza comes out crisp.

NOTES

- There is no good substitute for fenugreek leaves. So if you don't have them, just skip
- You can also use fresh tomatoes instead of tomato puree. Simply puree ripe tomatoes in a blender
- Heavy cream can be substituted with unsweetened coconut cream or cashew cream. See my Dum aloo recipe to see how to make quick 5 minute homemade cashew cream
- You can substitute ghee with any neutral oil or butter if you like
- To make this dish vegan, use tofu instead of paneer and use the above ghee and cream substitutes
- Do not pressure cook Paneer as it can make it chewy. Simply allow the paneer cubes to soak in the hot sauce for 5 to 10 mins

Friday: INSTANT POT KHEER



INGREDIENTS

- 1 tablespoon ghee
- 1/2 cup white rice basmati or short grain amber mor
- 4-5 cups low fat milk divided
- 1/2 cup sugar more or less depending on taste
- 1/8 teaspoon salt
- 1 teaspoon cardamom powder
- 4 tablespoon nuts almonds, and walnuts coarsely chopped or sliced(optional)
- 2 tablespoon raisins optional
- 1/2 teaspoon saffron optional
- 1 tablespoon shredded unsweetened coconut optional

PREP TIME: 5 MIN COOK TIME: 40 MIN TOTAL TIME: 50 MIN SERVES: 6

INSTRUCTIONS

1. Turn Instant Pot to Sauté mode. Add ghee and rice. Sauté for 30 seconds.
2. Add 3 cups low-fat milk, 1 cup of water, sugar, cardamom powder, nuts, saffron, raisins, coconut, and salt.
3. Close Instant Pot lid with the pressure valve to sealing. Press Porridge button. Allow Natural Pressure Release.
4. Open Instant Pot, Mash the rice with the back of a spoon. Add 1-2 cups of low-fat milk (depending on the consistency you like). Add more sugar if needed.
5. Cook on saute for 2-3 mins or keep on the warm mode until ready to be served. Serve Warm or Chilled

NOTES

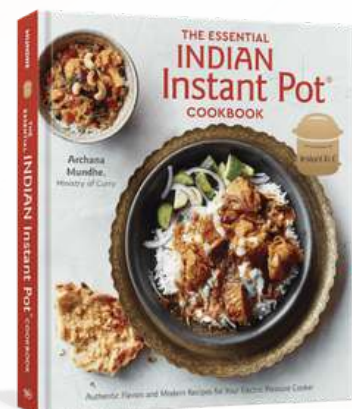
For tips and variations please visit the [recipe on the blog](#).

LET'S CELEBRATE!

Today is the two year anniversary of the release of
[The Essential Indian Instant Pot Cookbook!](#)

This cookbook was a labor of love that I was excited to share with my Ministry of Curry Community! Thank you for helping me make this cookbook such a success!!

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