



ministry of curry

WEEK OF:
12/14 - 12/20

Tip:
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Menu

MONDAY

Green Bean Curry {Aloo Beans}

TUESDAY*

Instant Pot Chicken Tortilla Soup

WEDNESDAY*

Instant Pot Kheema Pulao

THURSDAY*

Instant Pot Tandoori Salmon

FRIDAY

Masala Mac and Cheese

VEGETARIAN

TUESDAY

[See Recipe](#)

WEDNESDAY

Instant Pot Vegetable & Paneer Biryani

THURSDAY

Thai Basil Fried Rice

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"/> 16 oz cheddar cheese | <input type="checkbox"/> 16 oz pepper jack cheese |
| <input type="checkbox"/> 1 lb chicken breasts | <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 1.5 lb salmon boneless fillets |

FROZEN

- ☐ 8 oz frozen corn

PRODUCE

- | | | |
|-------------------------------------------------|---------------------------------------------|-------------------------------------------------------------|
| <input type="checkbox"/> 1 pound green beans | <input type="checkbox"/> 1 medium potato | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 medium yellow onion finely diced |
| <input type="checkbox"/> 3 jalapenos | <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 2 medium yellow onions | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 1 garlic head |
| <input type="checkbox"/> 1 bunch mint | <input type="checkbox"/> 1 red pepper | |

PANTRY

- | | | |
|---------------------------------------------------------|-----------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> 10 corn tortillas | <input type="checkbox"/> 8 oz fire roasted tomatoes | <input type="checkbox"/> 15 oz can black beans |
| <input type="checkbox"/> 8 oz long grain Basmati rice | <input type="checkbox"/> 1 lb elbow macaroni | <input type="checkbox"/> 24 oz low sodium chicken broth |
| <input type="checkbox"/> 24 oz low sodium chicken broth | | |

SPICES

- | | | |
|--------------------------------------------|----------------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> black peppercorns | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> cinnamon sticks |
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> paprika | <input type="checkbox"/> bay leaves |
| <input type="checkbox"/> red chili flakes | <input type="checkbox"/> Kashmiri red chili powder | |

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 | ALOO BEANS



INGREDIENTS

- 1.5 tablespoon oil
- 1 teaspoon cumin seeds
- 1/2 teaspoon ground turmeric
- 1 teaspoon red chili powder Kashmiri or a mild variety
- 2 teaspoon ground coriander
- 1.5 teaspoon kosher salt
- 1 pound green beans trimmed & cut into 1 inch pieces, about 3 cups
- 1 medium potato peeled and cut into 1/2 inch cubes
- 1/4 cup water
- 1/2 lemon
- 1/4 cup cilantro finely chopped

PREP TIME:15 MIN

COOK TIME:15 MIN

TOTAL TIME:30 MINS

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.

NOTES

Stove top recipe:

Heat oil in a medium pan. Add cumin seeds and allow them to sizzle. Add turmeric and mix well. Add green beans, salt and mix well. Add 1/2 cup water and mix well. Add potatoes, red chili powder and coriander. Mix well and cook covered on medium heat for 5 to 7 mins or until the green beans are tender cooked but still have a bite to them. If you like the beans to be soft cooked, continue cooking for additional 5 mins.

Tuesday: CHICKEN TORTILLA SOUP



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

INGREDIENTS

- 1 tablespoon cooking oil
- 1 medium yellow onion finely diced
- 4 corn tortillas cut into 1-inch squares
- 1 cup fire roasted tomatoes or fresh tomato diced
- 1/2 jalapeno minced
- 4 garlic cloves minced
- 1 15 oz can black beans rinsed and drained
- 1 cup frozen corn
- 3 cups low sodium chicken broth
- 1 teaspoon salt
- 1 pound chicken breasts
- 1 teaspoon paprika optional

Garnish

- 1/4 teaspoon cayenne pepper optional
- 1 cup cilantro chopped
- 1 cup pepper jack cheese shredded
- 1 avocado diced

Tortilla chips

- 6 corn tortillas
- 1 tablespoon oil
- kosher salt to taste

INSTRUCTIONS

1. Add oil, onion, tortillas pieces, tomatoes, jalapeño, garlic, beans and corn to the Instant Pot and give a quick stir. Add chicken breasts, broth, salt and paprika. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 8 mins followed by 10 minute natural pressure release. (Note: I have started to pressure cook for 13 minutes on poultry mode as it allows the chicken to be shredded effortlessly)
2. Open the Instant Pot, take out the chicken breasts and shred them into small pieces with fork. Add the shredded chicken to the soup. Turn the Instant Pot to saute mode and bring the soup to a boil. Mix well.
3. Serve the chicken tortilla soup hot, topped with cilantro, shredded pepper jack cheese and baked tortilla chips.

Here is how to make the baked tortilla chips:

1. Cut the remaining tortillas into triangular pieces using a pizza cutter. Line the baking tray with parchment paper. Arrange in a single layer on a baking tray and bake for 10-15 mins, turning them once half way through. Allow to cool.

NOTES

1. I have started to pressure cook for 13 minutes on poultry mode as it allows the chicken to be shredded effortlessly
 - use taco seasoning instead of paprika when pressure cooking the soup
 - substitute chicken with your favorite meat, see vegetarian options below
 - skip cheese for a dairy-free tortilla soup
 - add sour cream while serving the soup
 - add a squeeze of fresh lime while serving
 - substitute pepper jack cheese with your favorite Mexican cheese

Vegetarian Options:

- To make the soup vegetarian, add another can of red or black beans, 1 cup of diced mushrooms, zucchini and/or carrots. Pressure Cook for 5 minutes followed by quick release or natural pressure release.

Wednesday: INSTANT POT KHEEMA PULAO



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
- 1/2 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
- 1/4 teaspoon turmeric
- Handful of mint leaves chopped
- 2 teaspoon kosher salt
- 1 cups long grain Basmati rice
- 1 and 1/2 cups water

Garnish

- 1 lime
- 1/2 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. Sauté 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 pressure valve to sealing. Cook on Manual / Pressure cook (Hi) 5 mins with 5 min 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

- 1.5 pounds salmon boneless fillets, about 1 inch thick
- 1 tablespoon ginger grated
- 1 tablespoon garlic pressed 1 teaspoon garam masala
- 1/2 to 1 tablespoon red chili powder Kashmiri or any mild variety
- 1/2 teaspoon ground turmeric
- 1 tablespoon lemon juice 1 tablespoon oil
- 1 teaspoon kosher salt

PREP TIME: 10 MIN

COOK TIME: 10 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Wash and pat dry salmon with 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 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

1. Always quick release when cooking fish in the Instant Pot to avoid overcooking.
2. This recipe makes well done salmon, if you like it medium rare or medium, pressure cook it for just 1 to 2 minutes.

[Find the stovetop recipe here.](#)

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
- 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!

Stove Top 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, 1/2 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

- [See blog for more notes.](#)