

Instant Pot Cauliflower and Lentils Thai Curry Stew

6 servings

I love using my Instant Pot more and more! This recipe is cooked in 5 minutes!!

Ingredients:

1 Tbsp extra-virgin olive oil
1 large onion, diced
1 garlic clove, finely chopped
2-3 Tbsp red curry paste
1 tetra (900 ml) vegetable broth
1 small head chopped cauliflower florets
2 organic peeled and cubed sweet potatoes or half of an organic butternut squash, peeled and cubed
1/4 tsp cayenne pepper
2 dry kaffir lime leaves
1/2 cup uncooked red lentils
1 can (796 ml) diced tomatoes
salt and pepper to taste
1 can (398 ml) coconut milk
2 cups finely chopped kale, chard or spinach
1 cup fresh chopped cilantro or basil
fresh lime juice

Directions:

- 1- Set the Instant Pot to "Sauté". Add the olive oil in the pot. Sauté the diced onion and cook until it is translucent. Add the garlic and cook for 1 more minute.
- 2- Combine the curry paste to the Instant pot. Stir for 30 seconds.
- 3- Switch the setting to « Soup/Broth », set the pressure to « High » and reduce the time to 5 minutes.
- 4- Add the veggie broth and all the other ingredients, except the coconut milk and kale.
- 5- Cover and turn the pressure to "Sealing".
- 6- When the time of the Instant Pot is completed, turn the pressure to "Venting" and wait until there is no more steam coming out before opening the lid.
- 7- Set up again the Instant Pot to "Sauté". Add coconut milk and kale. Stir until the kale is cooked (2-3 minutes).
- 8- If the texture is too thick, add more broth or filtered water.
- 9- Add the cilantro or basil on top of the stew. Add fresh lime juice.
- 10- Turn off the Instant Pot and let the soup cool off before transferring to glass containers. Keep in the fridge for up to 4 days.



Instant Pot Butter Chicken

Prep. Time: 15 minutes
Marinating time: 1 hr to overnight
Cooking time: 15 minutes
4 servings

Serve on a bed of brown basmati rice and steamed vegetables.

Ingredients:

Marinade:

3 tbsp tandoori paste (Indian sauce)
2 tbsp freshly squeezed lemon juice
2 tbsp plain, non sweet, yogurt
2 chicken breasts, cut into 1 inch chunks or 1 pack of tofu

Sauce:

1 tbsp extra-virgin olive oil
1 small onion, diced
1/4 cup tomato paste
1/2 cup water
1 inch cube ginger root, finely chopped
1 jalapeño, seeded and finely chopped
4 tsp freshly squeezed lemon juice
2 tbsp chopped fresh cilantro and more to garnish
1 tsp ground cumin
1 tsp garam masala
1/4 chili powder
1/2 to 3/4 tsp salt
1/4 tsp can sugar (optional)
1 tbsp organic butter or vegan butter
1 cup full fat coconut milk
2 green onions to garnish (optional)

Directions:

- 1- In a glass container with a lid, add all the ingredients together except the chicken or tofu. Mix well. Add chicken and stir well to coat. Keep in the fridge for a minimum 1 hr or overnight.
- 2- Prepare the Instant Pot and pour in the chicken and marinade. Add 1/4 cup of filtered water. Select "Pressure Cook" and at "High Pressure". Reduce the time to 6 minutes. Cover and turn the pressure to "Sealing".
- 3- In the meantime, prepare the sauce using a small bowl. Add the tomato paste, 1/4 cup of the water, ginger root, jalapeño, the fresh and dry spices, and the lemon juice.
- 4- When the time of the Instant Pot is completed, turn the pressure to "Venting" and wait until there is no more steam coming out before opening the lid.
- 5- Place the chicken and its liquid in a bowl for now.
- 6- Add the sauce and bring to simmer for 3-4 minutes.
- 7- Add the chicken or tofu and the marinade and let simmer for 10 minutes. Add water if the sauce gets too thick.
- 8- Finally, add the coconut milk and cook for another 3 minutes to heat through.
- 9- Serve over some rice and garnish with fresh cilantro and the green onions.



Instant Pot Thai Butternut Squash Curry with Noodle

Prep. Time: 15 minutes
Marinating time: 1 hr to overnight
Cooking time: 15 minutes
4 servings

Ingredients:

1 medium onion, diced
1 garlic clove, minced
1/3 cup Thai Red curry paste
1 Tbsp fish sauce
3 cups veggie broth
1 Tbsp creamy peanut butter
4 cups cubed butternut squash or add sweet potatoes for up to 4 cups
1 stick cinnamon
2 dry kaffir lime leaves
1 inch fresh ginger, grated
Juice from 1 lime
1 can of full fat coconut milk
2 cups fresh or frozen shredded kale
1 pound of rice or egg noodles
1/4 cup cilantro or basil
1 can 540 ml chickpeas, rinsed

Directions:

- 1- Set the Instant Pot to "Sauté". Add 2 Tbsp of olive oil in the pot. Sauté the diced onion and cook until it is translucent. Add the garlic and ginger and cook for 1 more minute.
- 2- Combine the curry paste, fish sauce and peanut butter to the Instant pot. Stir for 30 seconds.
- 3- Switch the setting to « Soup/Broth », set the pressure to « High » and reduce the time to 5 minutes.
- 4- Add the veggie broth, cinnamon stick, kaffir lime leaves, butternut squash, and lime juice.
- 5- Cover and turn the pressure to "Sealing".
- 6- Meanwhile, bring a large pot of salted water to a boil. Boil the noodles according to package directions.
- 7- When the noodles are cooked, strain and rinse under cold water.
- 8- When the time of the Instant Pot is completed, turn the pressure to "Venting" and wait until there is no more steam coming out.
- 9- Set up again the Instant Pot to "Sauté". Add coconut milk, chickpeas, kale, and noodles. Stir until the kale is cooked.
- 10- If the texture is too thick, add more broth.
- 11- Turn off the Instant Pot and let the soup cool off before transferring to glass containers.
- 12- Add the cilantro or basil on top of the soup.
- 13- Keep in the fridge for up to 4 days.

