



ministry of curry

WEEK OF:
09/14 - 09/20

Tip:
You can
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Menu

MONDAY

Vegetable Thai Green Curry

TUESDAY *

Instant Pot Spicy Taco Pasta

WEDNESDAY *

Instant Pot Tandoori Chicken Lettuce Wraps

THURSDAY

Instant Pot Egg Biryani

FRIDAY

Vegetable Hakka Noodles

*VEGETARIAN OPTIONS

Note: Please refer to the blog for the ingredient list and recipe

TUESDAY

Please see the Taco Pasta recipe notes for vegetarian options

WEDNESDAY

Spicy Tofu Lettuce Wraps

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|--|---|--|
| <input type="checkbox"/> plain yogurt | <input type="checkbox"/> plain Greek yogurt | <input type="checkbox"/> 4 oz pepper jack cheese |
| <input type="checkbox"/> 4 oz cheddar cheese | <input type="checkbox"/> 1 pound ground chicken | <input type="checkbox"/> 1.5 pound Chicken breasts |
| <input type="checkbox"/> 6 large eggs | | |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 1 medium zucchini | <input type="checkbox"/> 8 oz cremini mushrooms |
| <input type="checkbox"/> 8 oz snap peas | <input type="checkbox"/> 1 small orange pepper | <input type="checkbox"/> 2 small eggplant graffiti or japanese |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 bunch Thai basil |
| <input type="checkbox"/> 2 jalapeños | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 2" fresh ginger root |
| <input type="checkbox"/> 2 garlic heads | <input type="checkbox"/> 1 bunch mint leaves | <input type="checkbox"/> 2 plum tomatoes |
| <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 small purple cabbage | <input type="checkbox"/> 1 small red pepper |
| <input type="checkbox"/> 1 small green peppers | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 bunch scallions |
| <input type="checkbox"/> 3 Persian cucumbers | <input type="checkbox"/> 2 medium red onions | <input type="checkbox"/> 1 head boston lettuce or iceberg lettuce |

PANTRY

- | | | |
|---|---|--|
| <input type="checkbox"/> ghee | <input type="checkbox"/> 1 can coconut milk | <input type="checkbox"/> soy sauce |
| <input type="checkbox"/> 1 pound pasta | <input type="checkbox"/> 20 oz salsa | <input type="checkbox"/> 4 cups low sodium chicken broth |
| <input type="checkbox"/> basmati rice | <input type="checkbox"/> 1 tablespoon rice vinegar | <input type="checkbox"/> 8 oz wheat noodles (Chings hakka noodles) |
| <input type="checkbox"/> 1 tablespoon chili sauce | <input type="checkbox"/> 1 can Thai green curry paste | |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> taco seasoning | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> black peppercorns |
| <input type="checkbox"/> 2 bay leaves | <input type="checkbox"/> saffron | <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: VEGETABLE THAI GREEN CURRY



PREP TIME:10 MIN

COOK TIME:15 MIN

TOTAL TIME:25 MIN

SERVES:4

INGREDIENTS

- 1 tablespoon oil
- 2 to 4 tablespoons Thai green curry paste
- 1 can coconut milk
- 1 large yellow onion sliced
- 1 medium zucchini cut half lengthwise and cut into $\frac{1}{2}$ inch slices, about 1.5 cups
- 8 oz cremini mushrooms quartered, about 1.5 cups
- 1.5 cups thai eggplant cut into 1.5 inch cubes, graffiti or japanese eggplant
- 1 teaspoon salt
- 1 cup snap peas
- 1 small orange pepper 1 cup cut into 2 inch long slices
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce
- $\frac{1}{2}$ fresh lime juiced
- $\frac{1}{4}$ cup cilantro
- $\frac{1}{4}$ cup thai basil

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk. Add onion, zucchini, mushrooms, eggplant and salt. Stir well.
2. Close the Instant Pot lid with the pressure valve to sealing and adjust the pressure cook time to 1 minute on low pressure. If you do not have the low pressure option, you can set the time to zero minutes.
3. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Stir in the snap peas and pepper. Add brown sugar, soy sauce and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed.
4. Cook on saute mode until the curry comes to a gentle boil. Press cancel, garnish with cilantro & basil. Allow to cook for 5 mins before serving as the curry thickens a bit. Serve with **steamed jasmine rice**.

NOTES

Tips:

- Add baked tofu for added proteins
- If you like to add proteins such as chicken or shrimp, sauté the chicken (cut into thin 1-inch strips) or shrimp along with the curry paste
- For a more soupy curry add $\frac{1}{2}$ cup of vegetable broth along with the coconut milk

StoveTop Recipe:

1. Heat oil in a large skillet or wok. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk and $\frac{1}{2}$ cup of water. Add onion, zucchini, mushrooms, eggplant and salt. Stir well.
2. Cook covered on medium heat for 10 minutes or until all the veggies are cooked soft.
3. Stir in the snap peas and pepper. Add brown sugar, soy sauce and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed. Cook uncovered on medium heat until the curry comes to a gentle boil. Garnish with cilantro & basil. Serve with steamed rice.

Tuesday: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 2 tablespoon cooking oil
- 1 large onion diced
- 1-2 jalapeños diced
- 1 pound ground chicken
- 1 pound pasta we used pasta shells
- 2 tablespoon taco seasoning mix love trader joe's
- 2-1/2 cup salsa
- 4 cups low sodium chicken broth or water or half and half
- 1/2 cup cilantro chopped
- 1/2 cup cheddar cheese grated
- 1/2 cup pepper jack cheese grated

PREP TIME: 5 MIN

TOTAL TIME: 20 MIN

COOK TIME: 15 MIN

SERVES: 7

INSTRUCTIONS

1. Turn Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add ground chicken. Break chicken with the spatula. Add taco seasoning and mix everything together.
3. Add salsa, 4 cups chicken broth and pasta. Mix well and with the spatula push the pasta under the liquids. Make sure most of the pasta is under liquids for the pasta to cook well.
4. Close Instant Pot with pressure valve to sealing. Cook on Manual/Pressure cook (Hi) for 3 mins. Note- Cook time for the pasta shells we used was 7 minutes.
5. Quick release and open Instant Pot. Stir in the cheeses and garnish with cilantro.

NOTES

Here are my tips for a perfectly cooked Instant Pot Spicy Taco Pasta:

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For a well cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add cheese after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta

Vegetarian Variation

- This versatile recipe is easy to make vegetarian:
 - Substitute ground chicken with soy granules or a can of rinsed and drained black beans and a cup of frozen corn or diced mushrooms or zucchini
 - Stir in diced red/green/yellow/mixed peppers after the pressure cooking cycle is complete

Wednesday: INSTANT POT TANDOORI CHICKEN LETTUCE WRAPS



PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MIN

SERVES: 4

INGREDIENTS

Marinate:

- 1.5 pound Chicken breasts or Thighs skinless and boneless
- 2 teaspoon kosher salt
- 1 tablespoon lemon juice
- 2 tablespoons plain yogurt
- 2 teaspoons Kashmiri red chili powder
- 1 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 1 tablespoon oil for basting

Raita:

- 1 cup plain greek yogurt
- 2 - 3 Persian cucumbers
- 1/4 teaspoon salt
- 1/4 teaspoon ground cumin
- 1 tablespoon cilantro finely chopped

To Serve:

- 1 head boston lettuce or iceberg lettuce
- 1 medium red onion thinly sliced

INSTRUCTIONS

1. Pat dry the chicken with paper towel. Make 3 to 4 small horizontal slits to each chicken piece. Apply salt and lemon juice to the chicken. Mix yogurt, red chili powder, garam masala, turmeric, ginger and garlic. Apply evenly to the chicken and allow to marinate for 20 minutes or refrigerate if marinating ahead of time.
2. Add 1 cup of water to the Instant Pot insert. Place the trivet in the Instant Pot. Carefully place the marinated chicken over the trivet. Baste the chicken with oil.
3. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 8 minutes followed by 10 minute natural pressure release.
4. While the chicken is cooking, make the Raita - Whisk the yogurt in a medium bowl. Peel and grate the cucumber. Add grated cucumber to the yogurt. Sprinkle salt and cumin. Mix well. Garnish with cilantro, keep chilled in the refrigerator until ready to be served.
5. Open the Instant Pot. Take the chicken and the trivet out. Optional Step - Broil Chicken in a preheated oven or grill for 5 minutes. Cut chicken into 1 inch pieces and keep aside.

To serve:

1. Carefully remove 10 to 12 whole lettuce leaves from the head of the lettuce. Take 1 lettuce leaf, place a 4 to 5 pieces of chicken in the centre of the leaf. Pour 1 to 2 tablespoon raita over the chicken and top with sliced onions.

Thursday: INSTANT POT EGG BIRYANI



INGREDIENTS

- 2 cups basmati rice
- 6 large eggs
- 2 tablespoons ghee
- 2 yellow onions medium, thinly sliced
- 1 teaspoon cumin seeds
- ½ teaspoon black peppercorns
- 2 bay leaves
- 2 teaspoons Kashmiri red chili powder
- ½ teaspoon ground turmeric
- 2.5 teaspoons kosher salt
- 1.5 teaspoons garam masala
- ½ cup plain yogurt
- 1.5 teaspoons ginger grated
- 1.5 teaspoons garlic minced
- 2 cups water ½ cup cilantro leaves chopped
- ¼ cup mint leaves chopped (optional)
- 1 tomato diced
- 1 pinch saffron mixed in 1 tablespoon warm milk (optional)

To Serve

- 4 Lemon wedges optional

Raita

- 1 medium red onion finely diced
- 1 tomato finely diced
- ¾ cup plain yogurt
- ½ teaspoon kosher salt
- 1 teaspoon sugar optional
- 1 tablespoon cilantro chopped finely

PREP TIME: 20 MIN
COOK TIME: 25 MIN
TOTAL TIME: 45 MIN
SERVES: 4

INSTRUCTIONS

1. Rinse the rice and soak in 4 cups of water for 20 minutes. Drain all the water after 20 minutes.
2. While the rice is soaking hard boil the eggs. Add 1 cup of water to the Instant Pot. Place the trivet and place eggs on top of it. Close the Instant Pot lid with pressure valve to sealing. Set the Instant Pot to pressure cook (hi) for 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure and open the Instant pot. Using a pair of heat resistant mitts, carefully pick up the Instant Pot insert and place it in the sink. Run cold water for 2 minutes over the eggs or place them in an ice bath. Once the eggs are cool to handle, peel them. Make 3 shallow slits to the hard boiled eggs and keep aside.
3. Set the Instant Pot to saute mode and add ghee. Add onions and saute until they turn light golden brown, about 10 minutes. Take half of the onions out and reserve.
4. Deglaze the bottom of the pot to remove any browning from sauteeing the onions. Use 1 to 2 tablespoons of water to help remove any stuck browned bits as this will help the Instant Pot come to pressure properly and not show the dreaded "BURN"
5. Add cumin seeds, black peppercorns, bay leaves and saute for a minute. Turn the Instant Pot off and add red chili powder, turmeric, salt, garam masala, ginger, garlic, mint, cilantro, tomatoes and yogurt. Mix well once again deglazing the pot.
6. Add eggs and mix coating the eggs with the spices. Add rice over and spread it evenly. Add water and stir gently making sure most of the rice is under liquids. Close the Instant Pot with pressure valve to sealing. Pressure Cook (Low) for 5 minutes followed by 5 minutes natural pressure release. Release the remaining pressure and open the Instant Pot. Layer the reserved caramelized onions and saffron milk evenly on top. Garnish with remaining cilantro. Enjoy hot with a lemon wedge and raita.
7. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt, sugar and mix well. Garnish with cilantro.

Friday: VEGETABLE HAKKA NOODLES



PREP TIME: 15 MIN

COOK TIME: 10 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INGREDIENTS

- 6 cups noodles Chings hakka noodles (300 grams)
- 3 tablespoons oil
- 1/2 cup onion thinly sliced
- 8 garlic cloves minced
- 1 cup green cabbage finely chopped
- 1 cup purple cabbage finely chopped
- 1/2 cup red peppers thinly sliced
- 1/2 cup green peppers thinly sliced
- 1 cup carrots julienned
- 1 tablespoon white vinegar or rice vinegar
- 2 tablespoons low sodium soy sauce
- 1 tablespoon chili sauce schezwan chutney, chili garlic sauce or sriracha sauce
- 1/2 cup green scallion finely chopped

INSTRUCTIONS

1. In a large pot bring 8 cups of water to boil. Add a teaspoon of oil and cook the noodles according to the instructions on the package. Pour the noodles in a large collander and drain out the water. Run cold water over it so the noodles don't over cook. Once all the water is drained out, spread the noodles in a large tray, pour 1 teaspoon of oil, mix in and keep aside
2. Heat remaining oil in a large pan or wok. Add garlic and onions, saute for 2 minutes. Add peppers, carrots and cabbage. Stir well and cook for 2-3 mins or just until the veggies are partially cooked. Note: Do not over cook as you want the veggies to stay crunchy
3. Add vinegar, soy sauce, chili sauce and mix well. Add the cooked noodles and mix well using pair of tongs. Cook on high heat until the noodles are heated through really well, about 5 to 7 minutes. Turn the heat off and garnish with scallions. Enjoy hot!

NOTES

1. I used the saute (high) mode on the Instant Pot to boil the water and then cooked the noodles in it.
2. If you use the chings hakka noodles, break them in half and then use pair of tongs to separate them as they start to cook and soften