



# ministry of curry

WEEK OF:  
10/05 - 10/11

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Instant Pot Dum Aloo

## TUESDAY\*

Blackened Fish Tacos with Pineapple Salsa

## WEDNESDAY\*

Chicken Kathi Rolls

## THURSDAY

Palak Khichdi

## FRIDAY

Instant Pot French Onion Soup

## VEGETARIAN OPTIONS

### TUESDAY

Cauliflower Tacos

### WEDNESDAY

Paneer Kathi Rolls

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



# Grocery Shopping List

## BAKERY

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- ☐ 1 crusty baguette

## PROTEIN & DAIRY

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 8 oz plain yogurt        | <input type="checkbox"/> 4 oz butter                   | <input type="checkbox"/> 1 lb white fish fillet halibut or cod  |
| <input type="checkbox"/> 6-12 slices swiss cheese | <input type="checkbox"/> 12 oz shredded gruyere cheese | <input type="checkbox"/> 1 lb chicken breasts boneless skinless |

## FROZEN

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- ☐ 6 to 8 kewan parathas cook per package instructions

## PRODUCE

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 2" fresh gingerroot     | <input type="checkbox"/> 2 garlic heads            | <input type="checkbox"/> 2 tomatoes               |
| <input type="checkbox"/> 1 small fresh pineapple | <input type="checkbox"/> 1 small green pepper      | <input type="checkbox"/> 2 small red peppers      |
| <input type="checkbox"/> 1 pound baby spinach    | <input type="checkbox"/> 1 small bunch fresh thyme | <input type="checkbox"/> 2 bunches fresh cilantro |
| <input type="checkbox"/> 10 baby potatoes        | <input type="checkbox"/> 3 red onions              | <input type="checkbox"/> 6 large yellow onions    |
| <input type="checkbox"/> 1 lime                  | <input type="checkbox"/> 1 lemon                   | <input type="checkbox"/> 1 avocado                |
| <input type="checkbox"/> 2 jalapeños             | <input type="checkbox"/> 3 small green chiles      |   |

## PANTRY

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- |   |   |  |
|---|---|--|
| <input type="checkbox"/> 15 raw whole cashews                         | <input type="checkbox"/> 10 flour tortillas     | <input type="checkbox"/> 4 oz mung dal                     |
| <input type="checkbox"/> 4 oz all purpose flour                       | <input type="checkbox"/> 1/2 cup dry white wine | <input type="checkbox"/> 1 tablespoon Worcestershire sauce |
| <input type="checkbox"/> 8 oz short grain rice Ambe mor or Kali Jeera |   | <input type="checkbox"/> 24 oz low sodium vegetable broth  |

## SPICES

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|--|--|--|
| <input type="checkbox"/> ground turmeric               | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala  |
| <input type="checkbox"/> cumin seeds                   | <input type="checkbox"/> dried fenugreek leaves    | <input type="checkbox"/> 1 bay leaf    |
| <input type="checkbox"/> cayenne pepper                | <input type="checkbox"/> smoked paprika            | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> onion powder                  | <input type="checkbox"/> dried thyme               | <input type="checkbox"/> dried oregano |
| <input type="checkbox"/> 1/2 cup Cilantro Mint Chutney |  |  |

\*Note: You can use store bought blackening seasoning for the blackened fish tacos. For homemade seasoning check the spice list in green

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 DUM ALOO



## INGREDIENTS

- 10 baby potatoes peeled and cored from the top (save the carved out potato pieces)
- 2 tablespoons ghee
- 1 large onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- 2 ripe red tomatoes pureed
- ½ teaspoon ground turmeric
- ½ -1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- ½ -1 teaspoon garam masala
- 1 teaspoon kosher salt
- 15 cashews
- ¼ cup warm milk
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MIN

SERVES:3

## INSTRUCTIONS

1. Soak cashews in warm milk for 10 mins and set aside. Blend together to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 2 minutes with a glass lid on, stirring few times. Add ginger and garlic paste, cook for 30 seconds.
3. Add the carved out pieces from the potatoes. Add tomato puree, turmeric, red chili powder, garam, masala and salt. Cook everything on saute mode for 2 minutes with glass lid on, stirring a couple of times.
4. With a small spoon, very carefully, as the gravy will be hot, fill the potatoes with the cooked masala/gravy and line them all in the IP insert. Add ½ cup of water. Close the Instant Pot, set on manual/pressure cook(Hi) for 8 minutes followed by Quick Release.
5. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Set the Instant Pot to Sauté mode and mix everything together. Add salt to taste. Bring to gentle boil and then turn the Instant Pot off. Serve with hot parathas.

# Tuesday: BLACKENED FISH TACOS WITH PINEAPPLE SALSA



PREP TIME: 20 MIN

COOK TIME: 10 MIN

TOTAL TIME: 30 MIN

SERVES: 4

## INGREDIENTS

- 1 pound white fish fillet halibut, mahi mahi, cod, tilapia
- 8 to 10 flour tortillas use corn tortillas for gluten free option

### Spices:

- 1 ½ tablespoons smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

### Pineapple salsa

- 1 cup pineapple fresh pineapple works best
- ½ cup red pepper finely diced
- ¼ cup red onion finely diced
- ¼ cup cilantro chopped
- ½ jalapeno finely diced
- ¼ lime
- ½ teaspoon kosher salt

### Avocado Cilantro Sauce

- 1 avocado
- ½ cup yogurt 1 cup cilantro leaves and stems
- 2 garlic cloves
- 1 jalapeno use only half for less spice sauce
- 1 teaspoon kosher salt
- ¼ lime

## INSTRUCTIONS

1. In a wide bowl mix all of the dry spices for the spice blend and keep aside.
2. Cut the fish fillet into 4 pieces and then coat each piece with the seasoning, pressing & turning the fish gently in the spice bowl to coat all the sides.
3. Heat a cast iron skillet or a non stick pan over medium heat. Add oil and once it's heated, place the seasoned fish pieces on the pan. Depending on the thickness of the fish you can turn the fish in 2 to 4 minutes and cook on the other side for 2 to 4 minutes. Take the fish out and gently break it with a fork.
4. In a medium bowl mix pineapple, red pepper, jalapeños and onion. Add cilantro, salt & squeeze fresh lime juice. Mix well.
5. To make the avocado cilantro sauce, add cilantro, avocado, yogurt, garlic, jalapeno & salt to the food processor. Squeeze lime juice. Blend until smooth.
6. To warm the tortillas you can cook them directly over medium flame until it gets a few charred marks. Use stainless steel pair of tongs to turn them over after 30 to 40 seconds.
7. To assemble the tacos, place a few spoonful of fish in the center of the tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.
8. Any leftover fish, salsa or sauce can be refrigerated for up to 2 days.

## NOTES

### Variations:

- For gluten free meal, use corn tortillas or gluten free tortillas
- Substitute fish with shrimp for delicious blackened shrimp tacos
- For dairy free option, use soy yogurt in the avocado cilantro sauce
- Have a mango on hand? use instead of the pineapple and make mango salsa
- Have a grill on? Cook your fish on the grill, over grill mat
- Generously brush oil on the fish and bake it in the oven at 400 degrees for 10 minutes, then broil for 1 min for perfect blackening on the top



# Wednesday: CHICKEN KATHI ROLLS



PREP TIME: 10 MIN

COOK TIME: 20 MIN

MARINATING TIME: 20 MIN

TOTAL TIME: 50 MIN

SERVES: 4

## INGREDIENTS

- 1 lb chicken breasts cut into bite sized strips
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced
- ½ teaspoon kosher salt

### Marinade Ingredients:

- 2 tablespoons plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 1 to 2 teaspoons kashmiri red chili powder
- 1 teaspoons garam masala
- ¼ teaspoon turmeric
- 1 tablespoon kasoori methi
- 1 teaspoon salt
- 1 tablespoon fresh lemon juice

### To serve:

- 6 to 8 kewan parathas cook per package instructions
- ½ cup [Cilantro Mint Chutney](#)
- 1 medium red onion thinly sliced
- ½ cup cilantro chopped

## INSTRUCTIONS

1. Marinate the chicken: Add chicken in a bowl and stir in all the marinade ingredients. Mix well and keep aside for 20 minutes. You can also marinate it for a longer time but 2 hours is generally enough. Make sure to keep it in the refrigerator if marinating for more than 20 mins.
2. Make the filling: Heat 2 tablespoons of oil in a pan. Add onions, peppers, salt and cook for 3 to 4 minutes. Add marinated chicken and mix well. Cooked covered for 3 to 4 minutes on medium heat. Take the lid off and cook for another 2 to 3 minutes until the chicken is fully cooked. Turn the heat off. Add cilantro.
3. Cook the Parathas: Heat a non-stick griddle pan. Remove the kewan paratha from the plastic wrapping and place on the griddle. Cook on medium high heat for about 1 to 1-1/2 minutes on each side or until both sides are golden brown, pressing gently with a spatula.
4. Assemble Kathi Roll: Spread 2 teaspoons of chutney on cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

# Thursday: PALAK KHICHDI



## INGREDIENTS

- 1 cup short grain rice Ambe mor or Kali Jeera or similar variety
- ½ cup mung dal
- 1.5 teaspoons kosher salt
- 4 cups water
- 1 to 3 small green chiles use more or less depending on the spice level
- 1 pound baby spinach
- 8 garlic cloves
- ½ inch ginger
- 3 tablespoon ghee plus more for serving
- 1 teaspoon cumin seeds
- 1 yellow onion finely diced
- 1 teaspoon garam masala
- 1 teaspoon kosher salt
- freshly ground pepper optional for serving

PREP TIME:10 MIN

COOK TIME:35 MIN

TOTAL TIME:45 MIN

SERVES:5

## INSTRUCTIONS

1. Rinse rice and lentils and drain the water. Add rice, lentils, water and salt to the Instant Pot insert and pressure cook for 6 minutes followed by 5 minutes natural pressure release. If using a stove top pressure cooker, cook for about 15 to 20 minutes or 3 whistles.
2. In a large pot bring 8 to 10 cups of water to boil. Add green chilies and baby spinach and blanch for 1 to 2 minutes or just until all the spinach wilts. Take out the spinach and chilies and run cold water over it so the spinach stops cooking further. Drain out the water completely.
3. Add garlic cloves, ginger and blanched spinach and chiles to a blender and make a smooth puree. Tip - If you do not like the fibers from the spinach make sure to puree well. I enjoy the fibers in the khichdi so I usually blend just for a minute.
4. In a large pot heat ghee (Tip - I dry the pot used for blanching spinach and use for making the khichdi). Add cumin seeds and allow them to sizzle, about 30 seconds. Add finely diced onions and cook for 4 to 5 mins. Stir in garam masala, salt, and spinach puree. Then add the cooked rice and dal (from step 1 above) with more ghee and mix everything together. Serve immediately with more ghee and freshly ground black pepper to taste.

## NOTES

- This recipe makes medium spicy khichdi, but you can adjust the amount of green chilies to more or less or completely omit them when serving to babies or sick patients
- Small Indian green chilies can be substituted with Jalapeño or Serrano chili
- Puree the spinach really well if you do not prefer the fiber strands from spinach
- To make with brown rice khichdi, increase the pressure cook time to 22 minutes followed by natural pressure release
- To make vegan khichdi substitute neutral vegetable oil for the ghee
- You can also use frozen spinach instead of fresh, the color may not come out as vibrant but the khichdi will still taste equally good

# Friday: INSTANT POT FRENCH ONION SOUP



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 6

## INGREDIENTS

- 4 large yellow onions thinly sliced (use mandolin for thin slices)
- 3 tablespoons butter
- 1 tablespoon cooking oil
- 1 teaspoon kosher salt
- ¼ teaspoon sugar
- ½ cup dry white wine
- 1 tablespoon Worcestershire sauce/ Vegan Worcestershire sauce
- 1 Indian bay leaf
- 1 tablespoon fresh thyme
- ½ teaspoon crushed black pepper
- 3 cups veg broth low sodium
- 2 tablespoons all purpose flour

To serve

- 1 crusty baguette thick slices
- 1½ cups shredded gruyere cheese
- 6-12 slices swiss cheese
- 1 teaspoon cayenne pepper optional

## INSTRUCTIONS

1. Turn the Instant Pot on Sauté (more) mode and heat butter and oil.
2. Add onions, ½ tsp salt, ¼ tsp sugar and cook for 20-25 minutes stirring every 5 mins until onions turn golden brown but not burnt. Glass lid can be used during Saute process. After 20 minutes the onions should be golden brown and the bottom of the pot will start to brown.
3. Press Cancel. Add wine and deglaze the pot removing all browning from the pot. Cook for 2-3 minutes as the wine evaporates.
4. Add bay leaf, 1/2 tablespoon thyme, remaining salt, pepper, worcestershire sauce and 2-1/2 cups of broth. Secure the lid with Pressure Release to Sealing. Cook on Manual/Pressure Cook (Hi) for 6 minutes followed by Quick Release.
5. Open the Instant Pot, remove the bay leaf and discard. Mix all purpose flour in the remaining broth and slowly stir in the soup. Set Instant Pot to Sauté mode and cook for 5 minutes as the soup thickens.

To Serve:

1. Preheat oven to broil (Hi). Cut each baguette slices into bite sized pieces. Line them on a baking sheet and toast until golden brown (5 to 7 minutes).
2. Add ¾ cup of soup to an oven safe bowl. Add toasted bread pieces and top them with handful of shredded Gruyere cheese, top with Swiss cheese slices and a sprinkle of cayenne pepper and thyme. Broil for 5 mins or until the cheese melts. Serve hot!

## NOTES

Use a mix of red and yellow onions.

Dry thyme can be substituted for fresh.