



ministry of curry

WEEK OF:
10/26 - 11/01

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Vegetable Kurma

TUESDAY

Turmeric Roasted Cauliflower Tacos

WEDNESDAY *

Instant Pot Fish Biryani

THURSDAY *

Instant Pot Thai Red Curry Chicken

FRIDAY *

Instant Pot Lasagna Soup

VEGETARIAN OPTIONS

WEDNESDAY

Chickpea Biryani

THURSDAY

Thai Green Curry

FRIDAY

See Instant Pot Lasagna Soup for vegetarian options.

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|--|--|---|
| <input type="checkbox"/> 20 oz plain yogurt | <input type="checkbox"/> 2 oz grated parmesan cheese | <input type="checkbox"/> 4 oz shredded mozzarella cheese |
| <input type="checkbox"/> 4 oz ricotta cheese | <input type="checkbox"/> 1 LB ground chicken | <input type="checkbox"/> 2 pounds bone-in halibut or Salmon |
| <input type="checkbox"/> 1.5 LB thin chicken breasts boneless skinless | | |

FROZEN

- ☐ 2 cups frozen mixed vegetables

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 garlic head | <input type="checkbox"/> 1 to 2 green chili | <input type="checkbox"/> 4 large yellow onions |
| <input type="checkbox"/> 2 red onions | <input type="checkbox"/> 4 tomatoes | <input type="checkbox"/> 1 potato |
| <input type="checkbox"/> 1 cauliflower | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 2 limes |
| <input type="checkbox"/> 8 oz purple cabbage | <input type="checkbox"/> 8 oz green cabbage | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 small bunch mint leaves | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 1 bunch fresh dill | <input type="checkbox"/> 1 bunch thai basil | <input type="checkbox"/> 2 jalapeno |
| <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 yellow pepper | <input type="checkbox"/> 1 orange pepper |
| <input type="checkbox"/> 1 bunch parsley | <input type="checkbox"/> 1 bunch basil | <input type="checkbox"/> 10 oz frozen chopped spinach or 12 oz fresh spinach, chopped |

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz raw unsalted cashews | <input type="checkbox"/> 2 oz split roasted chana dal | <input type="checkbox"/> 4 oz frozen shredded coconut |
| <input type="checkbox"/> 4 oz mayonnise | <input type="checkbox"/> 2 canned chipotle peppers | <input type="checkbox"/> 10 small tortillas |
| <input type="checkbox"/> 4 oz red curry paste | <input type="checkbox"/> 2 oz fish sauce | <input type="checkbox"/> 1 tablespoon brown sugar |
| <input type="checkbox"/> 16 oz canned tomato sauce | <input type="checkbox"/> 8 oz lasagna noodles | <input type="checkbox"/> 24 oz low sodium chicken broth |
| <input type="checkbox"/> 28 ounce cannnd diced tomatoes | <input type="checkbox"/> 1 can low-fat coconut milk unsweetened | <input type="checkbox"/> 2 cups Basmati rice |

SPICES

- | | | |
|--|---|--|
| <input type="checkbox"/> poppy seeds | <input type="checkbox"/> fennel seeds | <input type="checkbox"/> whole cloves |
| <input type="checkbox"/> green cardamom | <input type="checkbox"/> Indian bay leaf | <input type="checkbox"/> cinnamon sticks |
| <input type="checkbox"/> chili powder | <input type="checkbox"/> ground coriander | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> dried fenugreek leaves | <input type="checkbox"/> dried oregano |
| | | <input type="checkbox"/> 1 Indian bay leaf |

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 VEGETABLE KURMA



PREP TIME: 20 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MINS

SERVES: 4

INGREDIENTS

Ingredients for Spice Paste

- 1 inch ginger roughly chopped
- 3 garlic cloves peeled
- 6 cashews
- 1 tablespoon dalia split roasted chickpeas
- 1 teaspoon poppy seeds
- 1 teaspoon fennel seeds
- 1/2 cup coconut frozen
- 1 to 2 green chili
- 1/4 cup water

Other Ingredients:

- 4 tablespoons oil
- 5 cloves
- 2 cardamom
- 1 Indian bay leaf
- 2 inch cinnamon
- 1 medium yellow onion finely diced
- 1/4 teaspoon ground turmeric
- 2 tomatoes diced
- 1 potato peeled and diced into 1/2 inch cubes
- 1 cup cauliflower cut into 1 inch florets
- 2 cups frozen mixed vegetables
- 2 teaspoons kosher salt
- 1 cup water

Garnish(optional)

- 1/4 cup cilantro chopped

INSTRUCTIONS

1. In a small blender jar add ginger, garlic, 6 cashews, dalia, poppy seeds, fennel seeds, coconut, green chili and 1/4 cup of water. Blend together to make smooth paste. Reserve.
2. Set the Instant Pot to Saute mode and heat oil. Add cloves, cardamom, bay leaf and cinnamon stick. Saute for a minute or until aromatic.
3. Add onions and cook for 2-3 minutes. Place a non locking glass lid to speed up the process. Add turmeric and tomatoes. Mix well. Turn the Saute mode off. Note - It is important to cancel the saute mode so the spice paste does not stick to the bottom of the pot. The pot is also hot at this point and the remnant heat is enough to cook the spice paste.
4. Add the spice paste and mix well deglazing the bottom of the pot. Add all the remaining vegetables, salt and 1 cup of water. Mix well. Close the Instant Pot with pressure valve to sealing. Set the Instant Pot to Manual/Pressure Cook(Hi) for 1 minute.
5. After the pressure cooking cycle is complete quick release by moving the pressure valve to venting. Press Cancel. Open the Instant Pot and give a quick stir. Note that the curry may look watery but will start to thicken in few minutes. Garnish with cilantro.

Tuesday: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1 inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble:

- 10 small tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems and leaves and trim the main stem. Then starting from the bottom the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1 inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. (I have 2 favorite sauce recipes that like to serve with these tacos.)

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs [thechutneylife](#)
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stove top method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- See additional notes on the blog. [Click here.](#)

Wednesday: INSTANT POT FISH BIRYANI



PREP TIME: 30 MIN

COOK TIME: 30 MIN

TOTAL TIME: 60 MIN

SERVES: 5

INGREDIENTS

Marinade:

- 1 tablespoon ginger grated
- 1 tablespoon garlic pressed
- 1 tablespoon kashmiri red chili powder
- 1 tablespoon ground coriander
- 1 to 2 teaspoon garam masala
- ½ teaspoon turmeric
- 1 tablespoon dried fenugreek leaves
- 2 teaspoons kosher salt
- 10-12 mint leaves roughly chopped
- 2 tablespoons cilantro chopped
- 2 tablespoons lemon juice
- ¼ cup plain yogurt

Remaining Ingredients:

- 2 pounds bone-in halibut or Salmon cut into 1 inch steaks
- 2 cups Basmati rice
- 1 large onion thinly sliced
- 1/4 cup ghee divided
- 1 cup chopped fresh dill leaves
- 1/2 jalapeno sliced into 4 wedges optional
- 1.5 teaspoon kosher salt
- 2 cups water
- 1/4 cup cilantro chopped for garnish

Raita

- 2 cups plain yogurt
- 1 red onion finely diced
- 2 tomatoes diced
- 1/2 teaspoon kosher salt
- 1 tablespoon cilantro chopped

INSTRUCTIONS

1. Make Marinade by mixing ginger, garlic, red chili powder, ground coriander, garam masala, turmeric, fenugreek leaves, salt, mint leaves, cilantro, lemon juice and yogurt. Add fish and coat evenly with the marinade. Keep in the refrigerator while preparing rest of the ingredients.
2. Rinse and soak basmati rice for 20 mins. Drain and reserve.
3. Set the Instant Pot to Saute mode and heat 2 tablespoons of ghee. Add thinly sliced onions and cook stirring frequently for 8 to 10 mins or until the onions are caramelized. Take out half of the onion and keep aside for garnishing the biryani.
4. Add 2 tablespoons of ghee to the Instant Pot with half of the caramelized onions already in the pot. Add dill and mix well deglazing the pot. Add marinated fish and jalapeño (if using). Add rice, 1.5 teaspoon salt and water. Gently push all the rice under the liquids with a spatula.
5. Close the Instant Pot and turn pressure valve to sealing. Set Instant Pot to Manual/Pressure Cook mode and adjust the time to 5 mins. Follow with Quick release.
6. Garnish with the remaining caramelized onions and cilantro. Serve with Raita (Onions and tomatoes mixed in yogurt), and lime wedges.

Raita

1. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt and mix well. Garnish with cilantro.

NOTES

- This recipe makes medium spicy Biryani. For extra spicy add more spicy green chili, red chili powder and garam masala

Thursday: INSTANT POT THAI RED CURRY CHICKEN



INGREDIENTS

- 1 tablespoon cooking oil
- 2-4 tablespoon red curry paste (Love Maesri brand)
- 1.5 pound thin chicken breasts cut into 1-inch strips
- 1 can low-fat coconut milk unsweetened (Love Trader Joe's)
- 1-2 tablespoon fish sauce
- 1 tablespoon brown sugar
- 1 jalapeno or Thai chili sliced (optional for spicy curry)
- 1 cup yellow onion sliced
- 1 cup red peppers sliced
- 1 cup yellow peppers sliced
- 1 cup orange peppers sliced
- Handful Thai basil leaves

PREP TIME:10 MIN

COOK TIME:15 MIN

TOTAL TIME:25 MIN

SERVES:5

INSTRUCTIONS

1. Set the Instant Pot to Saute(more) mode and heat oil. Add 2 tablespoons of red curry paste. Saute for 30 seconds.
2. Add Chicken and mix it well with the red curry paste.
3. Add coconut milk (Note for a less soupy curry, add only half the can).
4. Close Instant Pot with the pressure valve to sealing. Cook on Manual/Pressure Cook (Hi) for 2 minutes followed by 10 minute Natural Pressure Release. (Increase cook time for thicker chicken breasts to 4 mins)
5. Open the Instant Pot, stir in fish sauce and brown sugar. For spicier curry add remaining red curry paste and hot peppers.
6. Add onions, red, yellow and orange the peppers. Stir in well. Set Instant Pot to Saute mode and bring the curry to a gentle boil (about 2-3 minutes). This will allow the veggies to stay crunchy. Garnish with the Thai basil leaves.
7. Enjoy hot with Jasmine rice.

Friday: INSTANT POT LASAGNA SOUP



PREP TIME: 5 MIN
COOK TIME: 20 MIN
TOTAL TIME: 25 MIN
SERVES: 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 tablespoon garlic minced
- 1 large yellow onion diced
- 1 teaspoon crushed red pepper more for spicier soup
- 1 pound ground chicken
- 1 28 ounce can diced tomatoes
- 2 8 ounce cans tomato sauce
- 3 cups chicken broth low sodium
- 1/4 cup parsley chopped
- 1 teaspoon dried oregano
- 1 Indian bay leaf
- 8 ounces lasagna noodles about 10 noodles, broken into pieces
- 2 teaspoons kosher salt
- 10 oz frozen chopped spinach or 12 oz fresh spinach, chopped
- 1/2 cup ricotta cheese
- 1/4 cup parmesan grated, for topping
- 1/2 cup mozzarella shredded, for topping
- handful fresh basil chopped

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and add oil, garlic, onions and crushed pepper flakes. Sauté for 2 to 3 minutes.
2. Add ground chicken and mix well breaking the chicken in the pot. Cook for 2 minutes.
3. Add diced tomatoes, tomato sauce, chicken broth, parsley, oregano and bay leaf. Add lasagna pieces and salt. Stir everything well.
4. Close the Instant Pot with Pressure Valve to sealing. Select Manual/Pressure Cook(Hi) and adjust the time to 4 minutes. Quick release the pressure.
5. Open the Instant Pot and stir in spinach and ricotta cheese. Turn the Instant Pot to sauté mode and cook for another 2-3 mins. Serve hot with grated mozzarella, parmesan and basil leaves.

NOTES

- I have used Barilla Lasagna noodles in this recipe which has a stove top cook time of 8 minutes. To pressure cook the noodles al dente, I reduce the stove cook time into half. Hence the pressure cook time used in this recipe is 4 minutes.