



ministry of curry

WEEK OF:
11/02 - 11/08

Tip:
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Menu

MONDAY

Instant Pot Dal Dhokli

TUESDAY*

Instant Pot Chicken Enchilada Quinoa

WEDNESDAY*

Instant Pot Spinach Mushroom Lasagna

THURSDAY*

Spicy Masala Chicken Burgers

FRIDAY

Salmon Tikka Masala Skewers

VEGETARIAN OPTIONS

TUESDAY

Enchilada Quinoa recipe has vegetarian substitute options

WEDNESDAY

Paneer Kathi Rolls

THURSDAY

Pav Bhaji

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

Grocery Shopping List

BAKERY

☐ 4 burger buns

PROTEIN & DAIRY

☐ 8 oz low fat ricotta cheese ☐ 4 oz parmesan cheese ☐ 8 oz shredded pepper jack cheese
☐ 2 oz plain yogurt ☐ 12 oz shredded mozzarella cheese
☐ 2 lb ground chicken ☐ 2 lb wild salmon fillets

FROZEN

☐ 8 oz frozen corn ☐ 24 oz frozen chopped spinach

PRODUCE

☐ 3 yellow onions ☐ 1 medium red onion ☐ 2 jalapenos
☐ 4 green chilies ☐ 1 inch ginger root ☐ 2 garlic heads
☐ 3 tomatoes ☐ 1 lemon ☐ 1 lime
☐ 2 bunches cilantro ☐ 1 bunch fresh mint ☐ 1 small iceberg lettuce
☐ 12 fresh curry leaves ☐ 1 bunch green onions ☐ 8 oz white mushrooms
☐ 1 avocado

PANTRY

☐ 1 can black beans ☐ 8 oz enchilada sauce ☐ 1 can diced fire roasted tomatoes
☐ 12 oz marinara sauce ☐ 10 oz organic white quinoa ☐ 1 pack no-boil oven ready lasagna sheets
☐ 2 oz besan ☐ 2 oz tamarind paste ☐ 4 oz toor daal
☐ 2 oz jaggery ☐ 2 oz peanuts ☐ 20 oz whole wheat flour

SPICES

☐ taco seasoning ☐ carom seeds ☐ garam masala
☐ red chili powder ☐ mustard seeds ☐ cumin seeds
☐ ground coriander ☐ ground cumin ☐ ground turmeric
☐ asafetida

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 DAL DHOKLI



PREP TIME: 20 MIN

COOK TIME: 30 MIN

TOTAL TIME: 50 MINS

SERVES: 5

INGREDIENTS

- Part 1: Dal
 - 4 tablespoons ghee divided (or 2 tablespoons of cooking oil for vegan option)
 - 1/2 teaspoon mustard seeds
 - 1/2 teaspoon cumin seeds
 - 1/4 teaspoon asafetida
 - 10-12 fresh curry leaves
 - 1/2 teaspoon ground turmeric
 - 1 teaspoon ginger grated
 - 3 teaspoons garlic grated
 - 2 plum tomatoes diced
 - 1 teaspoon red chili powder
 - 2 tablespoons jaggery or brown sugar
 - 1 tablespoon tamarind paste
 - 2 teaspoons salt
 - 2 tablespoons peanuts skip for nut allergy
 - 1/2 cup toor dal rinsed and drained
 - 2 cups water
 - 1/2 cup cilantro chopped for garnish
- Part II: Dhokli
 - 2-1/2 cups whole wheat flour divided
 - 1 tablespoon besan chickpea flour
 - 1 cup water or as needed
 - 2 teaspoons kosher salt
 - 1 teaspoon carom seeds
 - 1/2 teaspoon red chili powder
 - 1/4 teaspoon ground turmeric
 - 1 tablespoon oil divided

INSTRUCTIONS

1. Pressure Cook dal
 - a. Turn Instant Pot to sauté (more) mode and heat 2 tablespoons of ghee or cooking oil. Add mustard seeds and allow them to splutter. Add cumin seeds, asafetida and curry leaves. Add turmeric, ginger, and garlic. Mix well.
 - b. Add tomatoes, red chili powder, jaggery, tamarind paste, salt, peanuts and toor dal. Mix well.
 - c. Add 2 cups of water, give a quick stir and close Instant Pot with the Pressure valve set to sealing. Pressure Cook (Hi) for 8 mins followed by Natural Pressure Release.
2. Make the Dhokli
 - a. While the Dal is cooking, make the dough by mixing 2 cups of whole wheat flour, chickpea flour, salt, carom seeds, red chili powder, turmeric and half tablespoon of oil. Use water as needed to make a firm yet pliable dough. I used little more than 3/4th cup of water. Add remaining oil and knead the dough well.
 - b. Make 5 balls from the dough. Using the extra whole wheat flour, roll the dough balls into 10-12 inch thin circles.
 - c. Using a knife or a pizza cutter, cut each rolled circle into 1-inch squares or dhoklis. Put the cut dough pieces on a platter. Sprinkle a little bit of dry flour before layering the pieces on a tray to avoid them from sticking to each other.
 - d. Open Instant Pot after the pressure has released naturally. Turn Instant pot to sauté mode and using back of a wooden spatula or an immersion blender, gently blend the dal for 5 seconds. Add 3 cups of water, mix well, cook covered with a glass lid and bring the dal to a gentle boil.
3. Pressure cook Dal & Dhokli
 - a. Add half of the dough squares to the dal and mix gently.
 - b. Add remaining half dough squares, mix again. Close Instant Pot with the pressure valve to sealing. Cook on Manual (Hi) for 2 minutes followed by Quick Release.
 - c. Mix the Daal Dhokli, add another tablespoon or two of ghee (recommended but optional) and garnish with chopped cilantro. Enjoy Piping hot!

Tuesday: INSTANT POT CHICKEN ENCHILADA QUINOA



PREP TIME:10 MIN
COOK TIME:25 MIN
TOTAL TIME:35 MIN
SERVES:4

INGREDIENTS

- 1 pound ground chicken
- 1 cups uncooked quinoa
- 1 can 15-ounce black beans, drained and rinsed
- 1 cup frozen corn
- 1 can 15-ounce diced fire roasted tomatoes
- 2 cloves garlic minced
- 1 medium onion chopped
- 1 or 2 jalapeno peppers finely chopped (depending on the heat level you want)
- 2 cups water
- 1 cup enchilada sauce
- 1 tablespoon taco seasoning
- 1 teaspoon cumin

Optional Garnish

- 3 green onions chopped
- 1/4 cup fresh cilantro chopped
- 1 avocado peeled and diced
- 1 cup shredded pepper jack cheese or mexican cheese
- 4 lime wedges

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat 1 tablespoon of oil. Add ground chicken and break it in with a spatula. Add quinoa, black beans, corn, tomatoes, garlic, onion, jalapeños, water, enchilada sauce, chili powder and cumin.
2. Mix well, breaking in any lumps of ground chicken. Close the Instant Pot with pressure release valve to sealing. Set the Instant Pot to Manual/Pressure Cook (Hi) for 4 minutes. Allow 10 minutes natural pressure release. Open the Instant Pot and mix the enchilada quinoa. Garnish with cilantro and scallions.
3. Serve with diced avocados, pepper jack cheese and a squeeze of fresh lime.

NOTES

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

Wednesday: INSTANT POT SPINACH MUSHROOM LASAGNA



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion diced
- 4 garlic cloves minced
- 8 oz white mushrooms diced, about 2 cups
- 3 cups frozen chopped spinach
- 1 teaspoon red pepper flakes optional
- 9 no-boil oven ready lasagna sheets
- 1-1/2 cup marinara sauce
- 1-1/2 cup part-skim mozzarella cheese divided
- 1/2 cup parmesan cheese divided
- 1 cup low fat ricotta cheese

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 4

INSTRUCTIONS

1. Set Instant Pot to saute(more) mode. Add oil, onions and garlic. Mix well and cook covered with a glass lid for 2 mins.
2. Add mushrooms, spinach and red pepper flakes. Cook for another 2 mins.
3. Take out the sauted vegetables, draining excess liquids. Keep aside.
4. Quick rinse the Instant Pot insert and dry well both inside and outside.
5. Mix ricotta cheese, ¼ cup of parmesan and 1 cup of mozzarella cheese and keep aside.
6. Add 1 cup of water to the Instant Pot insert. Use the 7" fat daddios cake push pan or similar cake pan.
7. Break 3 pasta sheets and arrange them evenly in the cake pan. Spread ½ cup of pasta sauce over it. Spread half of the spinach-mushroom mixture over the sauce. Spread half of the mixed cheese evenly.
8. Repeat the above starting with pasta, sauce, veggies and cheese.
9. Layer the remaining 3 pasta sheets and tomato sauce. Sprinkle ½ cup of mozzarella and remaining parmesan cheese on top.
10. Cover the cake pan with aluminum foil. Put the cake pan on the trivet and carefully place the trivet inside the Instant Pot. Close Instant Pot with pressure valve to sealing.
11. Cook on Manual(Hi) for 20 mins followed by 10 mins NPR.
12. Open Instant Pot and enjoy!

NOTES

We prefer to use low fat ricotta and mozzarella cheese and skip egg. Feel free to use your favorite cheeses, more or less and add egg if you like. Broil the lasagna for a couple of minutes to get crispy top if you like. The lasagna will be delicious either ways!

Thursday: SPICY MASALA CHICKEN BURGERS



INGREDIENTS

- 1 pound ground chicken
- 1/2 medium onion diced finely
- 3 garlic cloves pressed
- 1 teaspoon ginger grated
- 2 green chilies minced
- 1 tablespoon ground coriander
- 1 teaspoon garam masala
- 1/2 teaspoon ground cumin
- 1/2 cup quinoa cooked (optional)
- 1/2 cup cilantro chopped
- 1.5 teaspoons kosher salt
- 1 tablespoon olive oil

To Serve:

- 4 burger buns
- 2 lettuce leaves
- 1 tomato sliced
- 1 medium red onion sliced

PREP TIME:10 MIN

COOK TIME:25 MIN

TOTAL TIME:35 MIN

SERVES:4

INSTRUCTIONS

- 1.Preheat the oven or grill at 375 degrees. Line a large baking tray with parchment paper and spray olive over it. Keep aside.
- 2.In a medium mixing bowl add all the ingredients for burger patties and mix well.
- 3.Flatten the mix in the bowl and then make 2 cross slits in the middle to divide the mix into 4 quarters.
- 4.Use a spoon or spatula shape each quarter into a round ball and drop it on the lined tray, 3 to 4 inch apart from each other Shape into a round circle with a spoon and then gently press the meat into a flat 3 to 4 inch patty. Press the middle of the patty with your thumb or back of a spoon, this will allow the patty surface to cook flat and not puff up.
- 5.Lightly spary over the burgers and cook in the preheated oven for 25 minutes. No need to turn half way over.

To cook on grill:

- 1.Preheat the grill at 375 degrees. Line the grill with aluminuim foil and spray oil over.
- 2.Place the ground chicken mix on the foil with 3 to 4 inch space around each patty. Shape into a round circle with a spoon and then gently press the meat into a flat 3 to 4 inch patty. Press the middle of the patty with your thumb or back of a spoon. Cook for 8 to 10 minutes and then flip over and cook the other side for additional 8 to 10 minutes.

Friday: SALMON TIKKA MASALA SKEWERS



INGREDIENTS

- 2 lb wild salmon
- 1/4 cup fresh mint leaves
- 1/2 cup cilantro
- 1-2 green chilies depending on how spicy they are
- 1/2 inch ginger
- 4 garlic cloves
- 1 tsp garam masala
- 1 tbsp plain yogurt
- 1 tsp lemon juice
- 1 tbsp oil
- salt to taste

PREP TIME: 10 MIN

COOK TIME: 10 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Cut salmon into 2 inch pieces. Preheat Oven to 425 degrees. If using wooden skewers, soak them for 20 mins in water.
2. Make fine paste with mint leaves, cilantro, green chili, ginger and garlic. Add garam masala, yogurt, lemon juice and salt. Mix well and then apply evenly to the salmon.
3. Thread 3-4 pieces of Salmon on each skewer. Baste some oil on the it and Broil on high for 8-10 mins.

NOTES

- These skewers can also be grilled on a outdoor grill.

Celebrating Diwali



RAVA COCONUT LADOO



BESAN LADOO



ROSE COCONUT KARANJJI



BADAM BURFI



SHANKARPALI



SARANACHI PURI



SPINACH SEV



BHAJANI CHAKLI



PURAN POLI

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