



ministry of curry

WEEK OF:
11/16 - 11/22

Tip:
You can
click on
orange font



Menu

MONDAY

Mushroom Masala

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

WEDNESDAY*

Achari Chicken

THURSDAY

Instant Pot Spinach Artichoke Macaroni and Cheese

FRIDAY

Thai Basil Fried Rice

VEGETARIAN OPTIONS

WEDNESDAY

Instant Pot Chana Saag

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|--|--|---|
| <input type="checkbox"/> 4 oz full fat yogurt | <input type="checkbox"/> 8 oz low fat mozzarella | <input type="checkbox"/> 8 oz shredded pepper jack cheese |
| <input type="checkbox"/> 4 oz parmesan cheese | <input type="checkbox"/> 4 oz cream cheese | <input type="checkbox"/> 1.5 lb chicken drumsticks |
| <input type="checkbox"/> 14 oz extra firm tofu | | |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 bunch thai basil leaves | <input type="checkbox"/> 6 yellow onions | <input type="checkbox"/> 1.5 lb white mushrooms |
| <input type="checkbox"/> 1 medium red bell pepper | <input type="checkbox"/> 1 medium yellow bell pepper | <input type="checkbox"/> 2 garlic heads |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 24 oz baby spinach |
| <input type="checkbox"/> 3 inches ginger root | | |

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 lb macaroni pasta shells | <input type="checkbox"/> 2 oz hoisin sauce | <input type="checkbox"/> 2 oz soy sauce |
| <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 6 oz cashews |
| <input type="checkbox"/> 6 oz tomato puree | <input type="checkbox"/> 24 oz jasmine rice | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 whole wheat tortillas | | |

SPICES

- | | | |
|--|--|---|
| <input type="checkbox"/> fennel seeds | <input type="checkbox"/> fenugreek seeds | <input type="checkbox"/> mustard seeds |
| <input type="checkbox"/> kashmiri red chili powder | <input type="checkbox"/> garam masala | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> nigella seeds | <input type="checkbox"/> dried whole red chilies | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> cumin seeds | | |

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: MUSHROOM MASALA



INGREDIENTS

- 1 LB white mushrooms rinsed, dried and sliced
- 2 tablespoons ghee or neutral oil for vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- 3/4 cup tomato puree or 2 fresh ripe red tomatoes pureed
- 1/2 teaspoon ground turmeric
- 1/2 -1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- 1/2 -1 teaspoon garam masala
- 1 teaspoon kosher salt
- 1/3 cup cashews
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MINS

SERVES:4

INSTRUCTIONS

1. Soak cashews in ½ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with ¼ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with steamed rice and parathas.

NOTES

To cook this recipe on stove top, follow the recipe using a medium-sized pot. Instead of pressure cooking simply add extra 1/2 cup of water along with the mushrooms and then cook covered on medium heat for 10 to 15 minutes, or until the mushrooms are cooked through.

Tuesday: CRISPY SPINACH, MUSHROOM, AND ONION QUESADILLAS



INGREDIENTS

- 1 large onion
- 8 oz white mushrooms
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tbsp oil
- 6-8 whole wheat tortillas

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Thinly slice a large onion and white mushrooms. In a large skillet over medium heat, add 1 tbsp oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Add the spinach, little bit at a time and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place second tortilla on top of the cheese and press it gently with the spatula. Add few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

Wednesday: ACHARI CHICKEN



PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

- 1.5 pounds chicken drumsticks skin removed
- 3 tablespoons oil
- 1 teaspoon fenugreek seeds
- 1 teaspoon mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1/2 teaspoon nigella seeds or onions seeds
- 4 dried whole red chilies
- 1 tablespoon garlic paste
- 2 tablespoons ginger paste
- 1 large yellow onion finely sliced
- 1.5 tablespoons tomato paste
- 1/2 teaspoon ground turmeric
- 2 teaspoons kashmiri red chilli powder
- 1/4 cup water
- 1/4 cup full fat yogurt lightly beaten
- 1 tablespoon lemon juice
- 2 teaspoons kosher salt
- 1/4 cup cilantro finely chopped for garnish

INSTRUCTIONS

1. Set the Instant Pot to Saute mode and heat oil. Add the mustard seeds and allow them to pop. Add cumin seeds, fennel seeds, nigella seeds and fenugreek seeds. Sauté for 10 seconds.
2. Add the sliced onion and mix well. Add whole red chilies and sauté for 3 to 4 mins covered or until the onions become translucent. Next, add ginger paste, garlic paste, turmeric, chilli powder, salt and mix well.
3. Add the chicken pieces and stir everything together until the chicken is coated with all the spices. Turn off saute mode, add 1/2 cup of water and deglaze the pot. Layer the tomato paste on top and do not mix.
4. Close the Instant Pot with pressure valve to sealing. Pressure cook for 6 minutes followed by 10 minute natural pressure release.
5. Open the Instant Pot and add a few spoonful of hot gravy to the yogurt and stir, this will prevent the cold yogurt from splitting in the curry. Add the yogurt to the chicken and mix well. Garnish with cilantro.

Thursday: INSTANT POT SPINACH ARTICHOKE MACARONI AND CHEESE



INGREDIENTS

- 2 tablespoons ghee
- 1 large onion finely chopped
- 1 teaspoon salt
- 1 tablespoon fresh ginger grated
- 1 tablespoon fresh garlic minced
- 1/2 teaspoon turmeric
- 1 tablespoon Kashmiri red chili powder or any mild red chili powder
- 3 plum tomatoes pureed
- 1 can coconut milk regular and not low fat
- 2 tablespoons tomato paste
- 1 teaspoon garam masala or to taste
- 2 tablespoons dried fenugreek leaves
- 2 teaspoon sugar
- 24 frozen vegetable balls IKEA, Trader Joe's or similar brands
- 1/4 cup cilantro chopped, for garnish

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 8

INSTRUCTIONS

1. Turn Instant Pot to saute (more) mode and heat oil. Add onion and mix well. Cook for 2 mins with glass lid on.
2. Add garlic and stir well cooking for a minute. Add artichoke hearts and sauté for another minute.
3. Add uncooked pasta and 3 cups of broth plus 2 cups of water. Mix well. Make sure that most of the pasta is under the liquids.
 - a. Note: Each pasta shape is different and you may need more or less water.
4. Close Instant Pot with pressure valve to sealing. Cook on Manual/Pressure Cook mode for 4 minutes followed by quick release.
5. Open Instant Pot, give a quick stir to the pasta.
6. At this stage add remaining broth to the pasta. If the pasta looks a bit watery skip this step.
7. Gently fold the spinach into the pasta and cook on saute mode for a couple of minutes as the spinach wilts.
8. Add cream cheese, mozzarella and grated parmesan. Add red pepper flakes and mix everything well until the cheeses blend well in the pasta. Enjoy hot!

INSTRUCTIONS

- Each pasta shape requires different amount of water.
- Make sure most of the pasta is under water before closing the Instant pot.
- Cook time for the elbow macaroni was 9 minutes. I half the cook time for Instant Pot. Hence cooked for 4 minutes. Adjust the cook time according to the pasta box instructions.

Friday: THAI BASIL FRIED RICE



INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu, baked or stir fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1 inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1 inch strips
- 1 cup packed thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce

PREP TIME: 20 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next add half of the thai basil leaves and stir well. Stir in soy sauce, hoisin sauce and chili garlic sauce.
2. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!