



Ministry of Curry

WEEK OF:
08/31 - 09/06

Menu

MONDAY

Instant Pot Chickpea Biryani

TUESDAY

Turmeric Roasted Cauliflower Tacos

WEDNESDAY

Easy Paneer Kathi Roll

THURSDAY

Instant Pot Coconut Curry Noodle Soup

FRIDAY

Black Bean and Corn Quesadillas

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

Grocery Shopping List

PROTEIN & DAIRY

- plain yogurt
- 16 oz. pepper-jack cheese
- 16 oz. paneer
- 14 oz of extra firm tofu

FROZEN

- bag of corn kernels
- kewan parathas
- grated coconut

PRODUCE

- 5 large yellow onions
- 1 red onion
- 1 head cauliflower
- 1 green cabbage
- 1 purple cabbage
- 1 avocado
- 1 head garlic
- 1 jalapeno
- 3" piece ginger root
- 1 green pepper
- 2 red peppers
- 6 carrots
- 2 broccoli crowns
- 4 green chiles
- 2 bunches cilantro
- 1 lemon
- 2 limes
- 1 bunch mint leaves

PANTRY

- ghee
- 1 can full fat coconut milk
- mayonnaise
- olive oil
- 1 can black beans
- 8 oz. dried chickpeas
- 20 6" tortillas
- vegetable broth/paste
- 8 oz udon noodles
- 1 lb long grain basmati rice
- red curry paste
- 1 can chipotle peppers in adobo

SPICES

- cumin seeds
- ground cumin
- kashmiri red chili powder
- ground tumeric
- kasoori methi
- garam masala

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 CHICKPEA BIRYANI



INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
- 3 tablespoons ghee divided
- 1 large onions thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 green chillies slit into half (optional)
- ¼ teaspoon turmeric
- 1 teaspoon kashmiri red chili powder or any mild red chili powder
- 1 teaspoon garam masala
- 3 teaspoon kosher salt divided
- 2 cups long grain basmati rice
- ½ cup mint leaves chopped
- ½ cup cilantro chopped + ¼ cup for garnish

PREP TIME:10 MIN — COOK TIME:40 MIN — TOTAL TIME:50 MIN — SERVES:5

INSTRUCTIONS

1. Turn the Instant Pot to Saute(more) mode and heat 2 tablespoons of ghee.
2. Add onions and saute for 10 mins, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 mins and keep aside.
4. Add remaining ghee to the IP with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chillies, turmeric, red chili powder, garam masala, 1 tsp salt and 1-½ cup of water. Mix well.
5. Close the Instant pot and turn pressure valve to sealing. Pressure Cook for 20 minutes followed by quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, remaining salt and 2 cups of water. Make sure all the rice is under the water. Close the Instant Pot lid with pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with cucumber raita and lime wedges.

NOTES

- If the top layer of rice looks a bit undercooked, simply fluff the top layer of the rice with a fork and keep the Instant Pot for 5 more minutes.
- Use oil instead of ghee to make the Biryani vegan.
- To make simple cucumber raita, mix 2 peeled and diced persian cucumbers with 1 cup of plain yogurt and a sprinkle of salt. Garnish with chopped cilantro.

Tuesday: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN
COOK TIME: 20 MIN
TOTAL TIME: 40 MIN
SERVES: 5

INGREDIENTS

Tacos

- 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 chopped
- 2 teaspoons lime juice fresh

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

For quick pickled onion instructions please visit this recipe on the blog.

Wednesday: EASY PANEER KATHI ROLL



PREP TIME:10 MIN
COOK TIME:20 MIN
TOTAL TIME:30 MIN
SERVES:6

INGREDIENTS

- 2 cups paneer cut into 1 inch cubes
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced

Marinade Ingredients:

- 1/4 cup plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 2 teaspoon kashmiri red chili powder
- 1 tsp garam masala
- 1/4 teaspoon turmeric
- 1 tablespoon kasoori methi
- 1 teaspoon salt

To Serve:

- 6 to 8 kwan parathas cook per package instructions
- 1 medium onion thinly sliced
- 1/2 cup cilantro chopped

Mint Cilantro Chutney

- ½ cup cilantro
- ¼ cup mint leaves
- 2 tablespoons unsweetened coconut frozen or dry
- 1 garlic clove
- ½ teaspoon cumin seeds
- 1 to 2 small green chiles
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon sugar

INSTRUCTIONS

1. Marinate the paneer- Mix all the marinade ingredients in a bowl. Add paneer and mix well.
2. Make the filling- Heat 2 tablespoons of oil in a pan. Add onions, peppers and 1/2 teaspoon of salt and cook for 3 to 4 minutes. Add marinated paneer and mix well. Cook for another 3 to 4 minutes. Turn the heat off. Add cilantro.
3. Chutney - Blend all the chutney ingredients using 2 tablespoons of water to make a smooth sauce. Note: Add more water as needed, little at a time.
4. Cook the Parathas- Heat a non-stick griddle pan. Remove the kwan 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. Enjoy hot!
5. Assemble Kathi Roll- Spread 2 teaspoons of chutney on cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add few sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

Thursday: INSTANT POT COCONUT CURRY NOODLE SOUP



PREP TIME:10 MIN
COOK TIME:20 MIN
TOTAL TIME:30 MIN
SERVES:5

INGREDIENTS

- 3 tablespoons coconut oil or regular cooking oil
- 12 to 10 ounces extra firm tofu
- 1 to 2 cups red pepper cut into 2-inch long, 1/4-inch thick wedges
- 1 to 2 cups broccoli cut into 1-inch small florets
- 1 large onion thinly sliced
- 8 OZ noodles udon noodles or linguine
- 1 to 3 tablespoons red curry paste
- 2 carrots peeled and cut into 2-inch long, 1/4-inch thick wedges
- 1 tablespoon ginger grated
- 4 cups low sodium vegetable broth we like better than bouillon broth base
- 1 can coconut milk
- 1 teaspoon kosher salt

INSTRUCTIONS

1. Cut all the veggies. Turn the Instant Pot to saute mode and heat 1 tablespoon of oil. Add onions and saute for 2 minutes. Add broccoli and peppers and saute for another 2 mins. Take all the veggies out and reserve.
2. Next step is to stir-fry tofu for which you have 2 options:
3. Add 1 tablespoon oil to a non-stick skillet, add the cut tofu and cook until both sides turn golden brown. Take the tofu out and reserve.
4. You can also stir-fry the tofu in the Instant Pot insert, just note that the tofu may stick to the bottom of the pan. Set the Instant Pot to saute mode and heat 1 tablespoon oil. Add the tofu and cook for 2 minutes on each side or until both sides turn golden brown. Take the tofu out and reserve. Deglaze the pot really well before moving on to the next step.
5. Add remaining 1 tablespoon oil to the Instant Pot and add red curry paste. Saute for 30 seconds. Add carrots, noodles, broth and coconut milk. Add ginger and salt. Gently stir pushing all the noodles under the liquids.
6. Close the Instant Pot with pressure valve to sealing set to Pressure Cook/Manual for 3 minutes. Note: read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins). Quick release. Stir in cooked tofu and veggies. Set the Instant Pot to saute mode and cook until the soup comes to a gentle boil. Adjust salt and pepper to taste.

NOTES

- Read the instructions on the noodles and pressure cook for half the time minus 1, so if the package says 8 mins, cook for 3 mins).
- Use low fat coconut milk for a lighter version of this soup.

Friday: BLACK BEAN AND CORN QUESADILLAS



INGREDIENTS

- 1 medium onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- ½ cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas
- 2 cups pepper jack cheese shredded

PREP TIME: 20 MIN

TOTAL TIME: 40 MIN

COOK TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

Step I - Make the filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapenos. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step II - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:
 - Using one tortilla- Smaller quesadilla and easier to flip
 1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
 2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp (photos 3 - 4).
 3. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.
 - Using two tortillas - Needs a bit practice to flip
 1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
 2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for large party or hungry teenagers ☐
 3. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.