



ministry of curry

WEEK OF:
12/07 - 12/13

Tip:
You can
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Menu

MONDAY

Instant Pot Malai Kofta

TUESDAY*

Instant Pot Chicken Tinga Tacos

WEDNESDAY*

Instant Pot Chicken Biryani

THURSDAY

Instant Pot Misir Wot

FRIDAY

Instant Pot Creamy Tomato Bisque

VEGETARIAN

TUESDAY

Turmeric Roasted Cauliflower Tacos

WEDNESDAY

Instant Pot Chickpea Biryani

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

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 oz plain yogurt | <input type="checkbox"/> 4 oz heavy cream | <input type="checkbox"/> 6 eggs |
| <input type="checkbox"/> 6 oz pepperjack cheese | <input type="checkbox"/> 2 lb chicken breasts | <input type="checkbox"/> 2 lb chicken drumsticks |

FROZEN

- ☐ 24 frozen veggie meatballs

PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 bunch basil | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 1 bunch mint | <input type="checkbox"/> 1 bunch oregano | <input type="checkbox"/> 1 bunch parsley |
| <input type="checkbox"/> 1 jalapeno | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 1 medium red onion | <input type="checkbox"/> 5 large yellow onions | <input type="checkbox"/> 1 small bunch celery |
| <input type="checkbox"/> 1 small cabbage | <input type="checkbox"/> 14 tomatoes | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 3 garlic heads | <input type="checkbox"/> 4 inch gingerroot | <input type="checkbox"/> 4 radishes |

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 12 corn tortillas | <input type="checkbox"/> 1 can full fat coconut milk | <input type="checkbox"/> 1 can chipotle peppers in adobo sauce |
| <input type="checkbox"/> 4 oz tomato paste | <input type="checkbox"/> 8 oz split red lentils | <input type="checkbox"/> 12 oz low sodium vegetable broth |
| <input type="checkbox"/> 4 oz low sodium chicken broth | <input type="checkbox"/> 24 oz extra long grain Basmati rice | |

SPICES

- | | | |
|--|---------------------------------------|---|
| <input type="checkbox"/> bay leaves | <input type="checkbox"/> turmeric | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> kashmiri red chili powder | <input type="checkbox"/> garam masala | <input type="checkbox"/> berbere spice blend (*recipe included) |

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 MALAI KOFTA



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: 15 MIN

TOTAL TIME: 20 MINS

SERVES: 5

INSTRUCTIONS

1. Set Instant Pot on Saute (More) mode and heat ghee. Add onions and 1 tsp salt. Cook until onions are soft and translucent for 2 minutes (with a glass lid on to speed this process)
2. Add ginger, garlic, turmeric and red chili powder. Mix well. Separate the coconut cream and water. Keep the coconut cream aside. Add only the watery portion of coconut milk and pureed tomatoes mixing with spices.
3. Close Instant Pot with pressure valve to sealing position. Cook on Manual / Pressure Cook (Hi) for 4 minutes followed by quick release.
4. Open the Instant Pot, allow to cool for a couple of minutes. Using a hand blender, carefully blend the sauce until smooth. Stir in tomato paste, garam masala, fenugreek leaves and sugar.
5. Add frozen veggie balls. Close Instant Pot lid with sealing and cook on Manual (Hi) for 1 minute, followed by quick release. You can also add the veggie meatballs and cook them on saute mode for 5 minutes or until heated through.
6. Add the coconut cream and gently stir everything together. Garnish with cilantro. Enjoy with steamed rice, parathas or as a sauce and topping on homemade pizzas.

Tuesday: INSTANT POT CHICKEN TINGA TACOS



PREP TIME:10 MIN
COOK TIME:30 MIN
TOTAL TIME:40 MIN
SERVES:6

INGREDIENTS

- 3.5 oz chipotle peppers in adobo sauce
- 1 large tomato quartered
- 4 garlic cloves
- 2 tbsp oil
- 1 large onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- 1/2 cup low sodium chicken broth
- 2 teaspoon kosher salt
- 1 tsp Cayenne pepper optiona
- 1 to taste

To Serve:

- 12 corn tortillas

Optional toppings to serve:

- 1/2 cup Cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- cheese pepper jack, cotijo, or queso fresco
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic and half a can chipotle peppers with adobo sauce and set aside.
 - a. My advice: Double up all the ingredients here, so you can use the full 7 ounce can of Chipotle peppers in adobo, 2 tomatoes and 8 garlic cloves. This will make little over a cup of sauce. Use half and freeze half for later or add more sauce for extra heat in the end!
2. Turn the Instant Pot to Saute mode and heat oil. Add sliced onions and cook for a minute with glass lid on. Add diced tomatoes, chicken breasts, broth and salt. Pour the pepper puree over the chicken breasts. Select the Manual/Pressure Cook (HI) option and adjust the cook time to 8 minutes.
3. Allow 10 minutes of natural pressure release. Open the Instant Pot, take the chicken out and shred it using two forks. Put the shredded chicken back in the pot and turn the Instant Pot to Saute mode. Cook for 5 mins or until the sauce thickens to desired consistency. Adjust salt and add cayenne pepper to taste.
4. To serve: Cook the corn tortilla directly over medium flame until it gets a few charred marks. Serve with cabbage, red onions, cilantro, guacamole, mexican cheese and squeeze of fresh lime!

Wednesday: INSTANT POT CHICKEN BIRYANI



PREP TIME: 40 MIN

COOK TIME: 40 MIN

TOTAL TIME: 1 HR 20 MIN

SERVES: 8

INGREDIENTS

- 2 teaspoon garam masala Add 3 tsp for spicier Biryani
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon red chili powder
- 1/2 teaspoon turmeric
- 1/4 cup mint leaves
- 1/4 cup chopped cilantro
- 2 tablespoon lemon juice
- 0.75 cup plain yogurt
- 2 teaspoon kosher salt
- 2 pounds whole bone in chicken skinless cut into 12 pieces (If using chicken thighs cut into 2 inch pieces)

Remaining Ingredients

- 3 cups Extra long grain Basmati rice
- 3 tablespoons ghee divided
- 2 large yellow onions thinly sliced
- 2 bay leaves
- 2 teaspoon salt
- 1 teaspoon saffron mixed in 1 tbsp warm milk
- 6 boiled and shelled eggs optional
- 1 jalapeno sliced into 8 wedges optional for extra spicy

Raita

- 2 cup plain yogurt
- 1 medium yellow onions finely diced
- 2 tomatoes diced
- 1/2 teaspoon kosher salt
- 1 tablespoon cilantro chopped

INSTRUCTIONS

1. Make Marinade by mixing garam masala, ginger, garlic, red chili powder, turmeric, mint leaves, half of the chopped cilantro, lemon juice, yogurt and salt. Add chicken and coat evenly with the marinade. Keep in the refrigerator for at least 30 minutes.
2. While the chicken is marinating, wash and soak the basmati rice in water. Keep aside for 20 mins.
3. Turn the Instant Pot to Saute (Hi). After the 'hot' sign displays, add 2 tbsp of ghee and add thinly sliced onions. Cook stirring frequently for 10 mins or until the onions are golden brown and caramelized. Take out half of the onion and keep aside for garnishing the biryani.
4. Add 1 tbsp of ghee to the Instant Pot with half of the caramelized onions already in the pot. For extra spicy Biryani add sliced jalapeno. Add bay leaves and half of the marinated chicken and the liquid from the marinade. Press Cancel. Mix well, deglazing the pot with a spatula to take out all the browning of the pot from sautéing the onions. This is an important step that will prevent the possible "BURN" signal during pressure cooking. Once all the browning on the pot is completely removed, stir in the remaining chicken.
 - a. For Chicken on bone - Close the Instant Pot and turn pressure valve to sealing. Select Manual/Pressure Cook and adjust the time to 4 minutes. Follow with Quick release. Mix the chicken well, once again scraping the bottom of the pot removing any food stuck to the bottom.
 - b. For boneless Chicken thighs - Cook on Saute mode for 2 to 3 minutes. Scrape the bottom of the pot to make sure there is no food sticking to the bottom.
5. Drain the rice and gently pour over the chicken. Add 2 tsp of salt. Add 3 cups of water. Close the Instant Pot and turn pressure valve to sealing. Select Manual/Pressure Cook mode and adjust the time to 6 minutes. Follow with Quick release.
6. Open the Instant Pot. If the top layer of the rice looks uncooked, simply fluff the top layer of the rice. Then mix the rice with the chicken on the bottom of the pan. Using a silicon spatula to gently mix will also prevent the rice grains from breaking.
7. Garnish with the remaining caramelized onions, saffron mixed with milk and cilantro. Serve with Raita, hard boiled egg and lemon 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

- Please visit the recipe on the blog for more notes.

Thursday: INSTANT POT MISIR WOT



INGREDIENTS

- 1 cup split red lentils
- 2 tablespoons olive oil or ghee
- 1 medium red onion diced
- 1 teaspoon fresh ginger grated
- 4 cloves garlic minced
- 1-2 tablespoon berbere spice blend
- 1 teaspoon salt
- 2-3 cups water divided
- 2 tablespoons cilantro chopped (optional)
- 1/2 lime

PREP TIME: 5 MIN

COOK TIME: 30 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Saute mode. After the 'hot' sign displays, add oil and onions. Mix well. Cook covered with a glass lid for 2 minutes.
2. Add ginger and garlic. Mix well and cook for 30 seconds.
3. Add red lentils, berbere spice blend and salt. Add 2 cups of water and mix everything together.
4. Close Instant Pot lid with pressure valve to sealing. Cook on Manual(Hi) for 15 mins followed by natural pressure release.
5. Open Instant Pot, stir everything. Add more water to bring the stew to desired consistency. Mix well.
6. Garnish with chopped cilantro and squeeze fresh lime juice on top before serving with steamed rice or bread.

NOTES

Misir Wot stove top recipe:

1. Heat oil or ghee in a heavy bottom pot or stove top pressure cooker. Add onions and sauté for 2 minutes. Add ginger and garlic. Mix well and cook for 30 seconds.
2. Add red lentils, berbere spice blend and salt. Add 3 cups of water and mix everything together.
3. Cook covered on medium heat for 15 to 20 minutes. If using a pot stir occasionally and add more water if needed. Adjust salt and add more berberes spice as per your taste.
4. Garnish with chopped cilantro and squeeze fresh lime juice.

Friday: INSTANT POT CREAMY TOMATO BISQUE



INGREDIENTS

- 1 tablespoon olive oil
- 1/2 cup onion diced
- 1/2 cup celery sliced
- 1 cup carrots peeled and sliced
- 3 garlic cloves peeled
- 1 tablespoon fresh oregano chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 6 tomatoes 2 pounds , quartered or 1 28 oz can of peeled tomatoes
- 1.5 cup low sodium broth Note: I use the Better Than Bouillon Organic Vegetable Base
- 1.5 teaspoon salt
- 1 tablespoon honey optional
- 1/4 teaspoon black pepper or to taste
- 1/2 cup heavy cream

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 6

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add onion, celery, garlic, carrots, tomatoes, oregano, basil and parsley cook for a minute until fragrant.
2. Add broth and salt. Mix well. Close the Instant Pot with pressure valve to sealing.
3. Set the Instant Pot to Manual/Pressure Cook for 8 minutes. Followed by quick release or natural pressure release.
4. Open the Instant Pot, and carefully puree the soup using an immersion blender.
5. Set the Instant Pot to Saute mode. Stir in honey, cream and pepper. Ladle into bowls, sprinkle some cayenne pepper for an extra kick. Enjoy hot with crunchy croutons.

NOTES

- Vegan variation : Substitute heavy cream with coconut cream, cashew cream or corn slurry (2 tablespoons corn starch mixed in 1/4 cup of water)
- You can use dried herbs instead of fresh in this recipe. Just reduce the quantity of herbs in half.