



*ministry
of curry*

WEEK OF:
01/04 - 01/10

Tip:
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Menu

MONDAY

Mushroom Masala - V, GF, LC

TUESDAY

Turmeric Roasted Cauliflower Tacos - VG, V, GF

WEDNESDAY

Instant Pot Chicken Cilantro Soup - GF, LC

THURSDAY

Vegetable Thai Green Curry - GF, LC, VG, V

FRIDAY

Instant Pot Penne Alla Vodka - GF, VG


COOKING ICONS

 Gluten-Free

 Low Carb

 Vegetarian

 Vegan

 Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- 4 oz heavy cream 2 oz parmigiano reggiano 1 lb chicken breasts

PANTRY

- 6 oz cashews 4 oz mayo 2 canned chipotle peppers
 10 corn tortillas 4 oz Thai green curry paste 1 can coconut milk
 2 oz brown sugar soy sauce 1 lb pasta
 34 oz tomato puree 4 oz vodka 16 oz low sodium chicken broth
 3 oz corn starch

PRODUCE

- 1 lb white mushrooms 3 large yellow onions 1 red onion
 3 inch gingerroot 3 garlic bulbs 1 cauliflower
 1 small red cabbage 1 small green cabbage 4 carrots
 1 avocado 1 medium zucchini 8 oz cremini mushrooms
 12 oz Thai eggplant 8 oz snap peas 1 small orange pepper
 3 cilantro bunches 1 small bunch thai basil 1 small bunch parsley
 6 green chillies 2 limes 1 lemon

SPICES

- ground turmeric Kashmiri red chili powder garam masala
 dried fenugreek leaves black peppercorns

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 pound 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 to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- 1/2 to 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 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in 1/2 cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with 1/4 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 **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over cauliflower rice. Add a side of **Indian cucumber salad** for a delicious meal.

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: 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 pound 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 corn 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, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of 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 stovetop 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

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

Wednesday: INSTANT POT CHICKEN CILANTRO SOUP



INGREDIENTS

- 2 tablespoon oil divided
- 1 tablespoon garlic minced
- 3 to 6 green chilies or 1 to 3 jalapeño sliced
- 2 tablespoons grated ginger divided
- 1 cup cilantro stems roughly chopped
- 1 pound chicken breasts
- 12 black peppercorns
- 1 teaspoon salt
- 2 cup low sodium chicken broth we used better than bouillon
- 1 cup cabbage thinly sliced
- 1 cup carrots julienned
- 3 tablespoon corn starch or arrowroot powder mixed in 1 cup of water
- 1/4 teaspoon fresh ground pepper optional
- 1/2 cup cilantro chopped
- 2 tablespoon lemon juice

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INSTRUCTIONS

1. Turn Instant Pot to Saute (more) mode and heat 1 tablespoon oil. Add garlic, green chilies, 1 tablespoon ginger and cilantro stems. Mix well.
2. Add chicken breasts, black peppercorn, salt, 2 cups of water and 2 cups of broth. Give a quick stir and close Instant Pot with pressure valve to sealing.
3. Set Instant Pot on Manual (Hi) for 10 minutes followed by Natural Pressure Release.
4. Open Instant Pot and take the chicken breasts out. Shred the chicken with a fork and keep aside.
5. Take a large bowl and strain the broth. Squeeze out any juices by gently pressing the stems in the strainer. Discard the stems from the strainer. Reserve the broth.
6. Rinse and dry the Instant Pot insert. Put the insert back and set the Instant Pot to sauté mode. Add the remaining oil, cabbage, carrots and remaining ginger. Mix well.
7. Add shredded chicken, reserved broth and corn starch water.
8. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, lemon juice and chopped cilantro. Enjoy hot!

NOTES

Vegetarian Version

- Skip the chicken all together and follow the remaining recipe to make a perfect vegan soup. Just replace the chicken broth with vegetable broth. If you can find enoki mushroom, they add a great crunch too. Stir them in the end along with the carrots and cabbage
- Add small cubed extra firm tofu in the end for added proteins. You can also add baked tofu.

Variations

- Adjust the corn starch or arrowroot powder, to the textures you prefer.
- Adjust green chilies and fresh ginger to take the spice level up or down.
- Go ahead and double up on cilantro if you have extra.

Thursday: VEGETABLE THAI GREEN CURRY



PREP TIME: 10 MIN
COOK TIME: 15 MIN
TOTAL TIME: 25 MIN
SERVES: 4

INGREDIENTS

- 1 tablespoon oil
- 2 to 4 tablespoons Thai green curry paste
- 1 can coconut milk
- 1 large yellow onion sliced
- 1 medium zucchini cut half lengthwise and cut into 1/2 inch slices, about 1.5 cups
- 8 oz cremini mushrooms quartered, about 1.5 cups
- 1.5 cups Thai eggplant cut into 1.5 inch cubes, graffiti or Japanese eggplant
- 1 teaspoon salt
- 1 cup snap peas
- 1 small orange pepper 1 cup cut into 2 inch long slices
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce or tamari
- 1/2 fresh lime juiced
- 1/4 cup cilantro
- 1/4 cup thai basil

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk. Add onion, zucchini, mushrooms, eggplant and salt. Stir well.
2. Close the Instant Pot lid with the pressure valve to sealing and adjust the pressure cook time to 1 minute on low pressure. If you do not have the low-pressure option, you can set the time to zero minutes.
3. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Stir in the snap peas and pepper. Add brown sugar, soy sauce and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed.
4. Cook on sauté mode until the curry comes to a gentle boil. Press cancel, garnish with cilantro & basil. Allow to cook for 5 mins before serving as the curry thickens a bit. Serve with **steamed jasmine rice**.

NOTES

Tips:

- Add baked tofu for added proteins
- If you like to add proteins such as chicken or shrimp, sauté the chicken (cut into thin 1-inch strips) or shrimp along with the curry paste
- For a more soupy curry add 1/2 cup of vegetable broth along with the coconut milk

StoveTop Recipe:

1. Heat oil in a large skillet or wok. Add green curry paste and saute for 30 seconds or until fragrant. Stir in coconut milk and 1/2 cup of water. Add onion, zucchini, mushrooms, eggplant, and salt. Stir well.
2. Cook covered on medium heat for 10 minutes or until all the veggies are cooked soft.
3. Stir in the snap peas and pepper. Add brown sugar, soy sauce, and lime juice. Mix well and taste for the spice & salt. Add more curry paste and salt if needed. Cook uncovered on medium heat until the curry comes to a gentle boil. Garnish with cilantro & basil. **Serve with steamed rice**.

Friday: INSTANT POT PENNE ALLA VODKA



INGREDIENTS

- 1 pound pasta I used Trader Joe's organic brown rice penne pasta
- 28 oz tomato puree or marinara sauce
- 1 tablespoon olive oil
- 1 small onion diced
- 6 garlic cloves minced
- 1 teaspoon red pepper flakes optional
- 1/2 cup vodka
- 1 teaspoon kosher salt
- 2 cups water
- 1/2 cup heavy cream
- 1/4 cup Parmigiano Reggiano grated
- 1/4 cup Parsley chopped

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat oil.
2. Add onions, garlic and red pepper flakes. Mix well and cook for 2 minutes with a glass lid on.
3. Add vodka, mix well and cook for another 2 mins to reduce down the vodka.
4. Add pasta, 2 cups of water and salt. Stir well, making sure to push most of the pasta under the liquids. Layer over the tomato puree or sauce and DO NOT mix. Close the Instant Pot and Manual/pressure cook for 4 minutes (Note, the cook time on Trader Joe's brown rice pasta is 7-10 mins) followed by Quick Release.
5. Stir in cream. Add parsley and grated cheese. Mix well and Serve hot.

NOTES

- Add enough water/broth/tomato sauce so that most of the pasta is under the liquids
- Layer the tomato puree or pasta sauce on top of the water or broth and do not mix it in
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cream after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta