



*ministry  
of curry*

WEEK OF:  
01/11 - 01/17

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# Menu

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## MONDAY

Coconut Curry Noodle Soup - VG, V

## TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - VG

## WEDNESDAY

Mixed Vegetable Curry with Sesame Sauce - VG, V, GF

## THURSDAY

Instant Pot Ven Pongal - VG, GF

## FRIDAY

Instant Pot Pasta with Tomato Cream Sauce - 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

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- 12 ounces extra firm tofu
- 8 oz pepper jack cheese
- 1 cup heavy cream
- 4 oz parmesan cheese

## PANTRY

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- 8 oz udon noodles
- 4 oz can red curry paste
- 32 oz low sodium vegetable broth
- 8 whole wheat tortillas
- 2 oz peanuts
- 1 can unsweetened coconut milk
- 2 oz sesame seeds
- 8 oz short grain rice
- 2 oz unsweetened grated coconut
- 4 oz raw cashews
- 4 oz moong daal
- 2 oz split roasted chana daal
- 1 lb penne pasta
- 16 oz low sodium broth
- 16 oz marinara sauce

## PRODUCE

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- 1 garlic bulb
- 1 red pepper
- 12 oz broccoli
- 2 large yellow onions
- 4 carrots
- 2 inch ginger root
- 8 oz white mushrooms
- 10 oz baby spinach
- 4 oz green chickpeas fresh or frozen
- 8 oz flat green beans
- 6 baby eggplants
- 1 tomato
- 20 curry leaves
- 2 green chilies
- 1 cilantro bunch
- 1 small bunch basil

## SPICES

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- garlic powder
- red chili flakes
- ground turmeric
- ground cumin
- ground coriander
- red chili powder
- black peppercorns
- asafetida
- cumin seeds
- black mustard 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: COCONUT CURRY NOODLE SOUP



## 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

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 5

## 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:
  - a. 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.
  - b. 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.
3. 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.
4. 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

- Please visit the recipe on the blog for notes and a stovetop version.

# Tuesday: SPINACH, MUSHROOM, AND ONION QUESADILLAS



## INGREDIENTS

- 1 large onion thinly sliced
- 8 oz white mushrooms rinsed, dried and sliced
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tablespoons oil
- 8 whole wheat tortillas
- 1 teaspoon red chili flakes optional

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. In a large skillet over medium heat, add 1 tablespoon 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. Do not cover after adding the mushrooms so any excess moisture can be evaporated. 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 the second tortilla on top of the cheese and press it gently with the spatula. Add a 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: MIXED VEGETABLE CURRY WITH SESAME SAUCE



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

## INGREDIENTS

### Part 1 Spice Paste:

- 1 tablespoon dry coconut roasted
- 1 tablespoon peanuts roasted
- 1 tablespoon sesame seeds roasted
- 1/2 tablespoon ginger grated
- 6 cloves grated
- 1/4 cup water

### Part 2:

- 1 tablespoon cooking oil
- 1/4 cup water
- 1/2 teaspoon ground turmeric
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground coriander
- 1 tablespoon Kashmiri red chili powder
- 1/2 cup fresh green chickpeas removed from the pods
- 1 cup flat green beans cut into 1-inch pieces
- 6 baby eggplant cut into quarters
- 1 tomato diced
- 2 carrots peeled and sliced
- 1.5 teaspoon kosher salt
- 1/4 cup cilantro finely chopped

## INSTRUCTIONS

1. Make a fine paste of all the ingredients from Part 1 with water.
2. Set Instant Pot to sauté mode and heat oil. Add the spice paste and cook for a minute stirring frequently. Add water and mix well.
3. Add turmeric, red chili powder, ground cumin, ground coriander, tomatoes, and sauté.
4. Add remaining vegetables and salt. Add 1 cup water and mix well deglazing the pot making sure the curry paste is not stuck to the bottom of the pot.
5. Close Instant Pot with pressure valve to sealing. Cook on Manual/Pressure Cook (Low) for 2 minutes followed by Quick release.
6. Garnish with cilantro. Enjoy with warm Roti topped with sesame seeds.

## NOTES

- Serve this curry with hot [roti's](#) or [parathas](#). You can also make the South Indian [Ven Pongal](#) or [Khichdi](#) and serve this curry as a gluten-free meal. To make it a delicious vegetarian Thali I would recommend my crunchy [cucumber salad](#) or the spicy [cabbage salad](#).
- This recipe uses a lot of vegetables that are only sold in Indian grocery stores. You can always substitute them with any hardy vegetables of your choice or even a bag of frozen mixed vegetables
- Stovetop Recipe - [Bhogichi Bhaji](#)



# Thursday: INSTANT POT VEN PONGAL



PREP TIME: 10 MIN  
COOK TIME: 40 MIN  
TOTAL TIME: 50 MIN  
SERVES: 4

## INGREDIENTS

- 1 cup short-grain rice amber more or kala jeera
- 4 tablespoons ghee
- 2 tablespoons coarsely chopped raw cashews
- 2 teaspoons ginger grated
- 2 teaspoons cumin seeds
- 1 teaspoon black peppercorns
- 1 teaspoon fresh ground black pepper
- 20 curry leaves chopped
- 1/2 cup moong daal
- 2 teaspoons kosher salt
- 1/4 teaspoon asafetida hing
- 4 and 1/2 cups water

### Coconut Chutney

- 1/2 cup fresh grated coconut frozen fresh coconut works
- 2 tablespoons split roasted chana daal
- 1 teaspoon cumin seeds
- 1 to 2 green chilies
- 1/2 inch ginger
- 1/4 cup cilantro 1 teaspoon salt
- 1/4 cup water add more as needed
- 1 tablespoon oil
- 1/2 teaspoon black mustard seeds
- 1/8 teaspoon hing asafetida

## INSTRUCTIONS

1. Measure the rice into a wire-mesh strainer, then rinse under running water for 10 seconds, swishing it around. Drain and set aside.
2. Select the high Saute setting on the Instant Pot and heat 1 tablespoon of the ghee. Add the cashews and saute until they start to turn golden brown, 1 to 2 minutes. Transfer the cashews to a small bowl.
3. Add the remaining 3 tablespoons ghee, the ginger, cumin seeds, peppercorns, ground pepper, and curry leaves directly to the hot ghee at the bottom of the edges of the pot and sauté until aromatic, about 30 seconds. Transfer the tadka to the bowl with the cashews and set aside.
4. Add the moong daal to the now-empty Instant Pot and saute until toasted, about 1 minute. Add rice, salt, and hing; pour in the water, and stir to combine.
5. Secure the lid and set the pressure release to Sealing. Press the Cancel button to reset the cooking program, then select the Rice setting and set the cooking time for 12 minutes at low pressure.
6. Let the pressure release naturally for 10 minutes, then move the pressure release to Venting to release any remaining steam. Press the cancel button to turn off the Instant Pot. Open the Pot and stir in the reserved cashews and tadka. Enjoy hot!

### Coconut Chutney

1. In a blender or food processor blend coconut, roasted chana daal, cumin seeds, green chiles, ginger, and cilantro with 1/4 cup of water. Make a smooth paste, add more water as needed
2. Heat oil, add mustard seeds, and allow them to pop. Add hing/asafetida
3. Pour this hot oil over the blended chutney and mix well before serving

## NOTES

1. To make Vegan Ven Pongal, substitute neutral vegetable oil or coconut oil for the ghee

# Friday: INSTANT POT PASTA WITH TOMATO CREAM SAUCE



## INGREDIENTS

- 1 pound uncooked Penne Rigate ( ~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- 1/2 teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- 1/4 cup basil or parsley chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 6

## INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Manual / Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

## NOTES

- We are using a full box of pasta in this recipe.
- Using penne pasta in this recipe, which has stove cook time of 10 minutes. To adjust for Instant Pot cook time - Divide the cook time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
- Always have enough water or broth to cover most of the pasta underwater. Depending on the shape of pasta you may need more or less liquids.



# Extra: FESTIVE RECIPES FOR MAKAR SANKRANTI

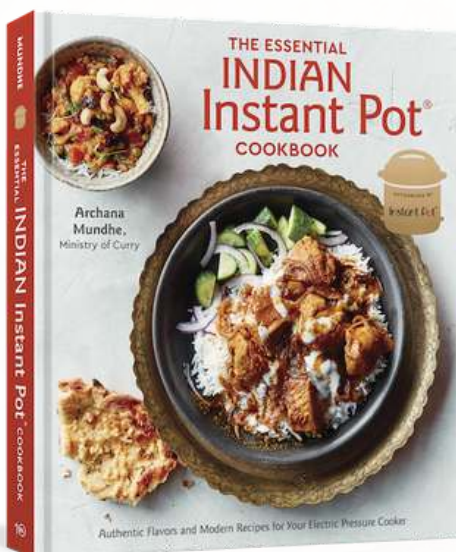
Celebrated as Pongal in South India and Lohri in North India.



Tilachi Chikki



Tilachi Poli



If you own a copy of The Essential Indian Instant Pot Cookbook look for the Sakkarai Pongal recipe



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