



*ministry
of curry*

WEEK OF:
02/08 - 02/12

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Dal Makhani - VG, GF

TUESDAY

Instant Pot Chicken Tinga Tacos - GF, LC

WEDNESDAY

Salmon Tikka Masala - GF, LC

THURSDAY

Lemon Coriander Soup with Tofu - GF, V, LC

FRIDAY

Vegetable Hakka Noodles - 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

- | | | |
|---|--|--|
| <input type="checkbox"/> 12 oz heavy cream | <input type="checkbox"/> 4 oz pepper jack cheese | <input type="checkbox"/> 12 oz extra firm tofu cubed |
| <input type="checkbox"/> 2 pounds chicken breasts | | <input type="checkbox"/> 1.5 pounds skinless salmon fillet |

PANTRY

- | | | |
|--|--|---|
| <input type="checkbox"/> 8 oz dry black gram beans | <input type="checkbox"/> 3 oz dry red kidney beans | <input type="checkbox"/> 8 oz brown rice |
| <input type="checkbox"/> 3 oz corn starch | <input type="checkbox"/> 2 oz white vinegar | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| <input type="checkbox"/> 2 oz low sodium soy sauce | <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 1 can chipotle peppers in adobo |
| <input type="checkbox"/> 12 oz canned tomato puree | <input type="checkbox"/> 12 corn tortillas | <input type="checkbox"/> 4 oz low sodium chicken broth |
| <input type="checkbox"/> 6 cups Chings hakka noodles | | |

PRODUCE

- | | | |
|--|---|---|
| <input type="checkbox"/> 4 large yellow onions | <input type="checkbox"/> 6" ginger root | <input type="checkbox"/> 7 tomatoes |
| <input type="checkbox"/> 2 cilantro bunches | <input type="checkbox"/> 3 garlic bulbs | <input type="checkbox"/> 6 green chillies |
| <input type="checkbox"/> 1 green cabbage | <input type="checkbox"/> 1 small purple cabbage | <input type="checkbox"/> 4 carrots |
| <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 small red pepper |
| <input type="checkbox"/> 1 small green pepper | <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 4 radishes |
| <input type="checkbox"/> 1 avocado | | |

SPICES

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> black peppercorns | <input type="checkbox"/> dried fenugreek leaves |

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 DAL MAKHANI



PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.

The next step is to make a pot in pot brown rice (optional)

1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add garam masala (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes

Tuesday: INSTANT POT CHICKEN TINGA TACOS



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INGREDIENTS

Sauce

- 1 can chipotle peppers in adobo
- 1 large tomato quartered
- 4 garlic cloves

Other Ingredients

- 2 tablespoons oil
- 1 large yellow onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- ½ cup low sodium chicken broth
- 2 teaspoons kosher salt
- 1 teaspoon cayenne pepper optional to taste

To serve:

- 12 corn tortillas
- ½ cup cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- ½ cup pepper jack cheese or cotija or queso fresco (optional)
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic, and half a can of chipotle peppers with adobo sauce and set aside. Tip: Double up all the ingredients here, so you can use the full 7 ounces can of Chipotle peppers in adobo, 2 tomatoes, and 8 garlic cloves. This will make a 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 a glass lid on. Add diced tomatoes, chicken breasts, broth, and salt. Pour the pureed sauce over the chicken breasts. Pressure Cook for 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 the 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, avocado, cheese, and a squeeze of fresh lime.

NOTES

- To serve as a low carb option, serve the chicken tinga with all the toppings on a bed of chopped romaine lettuce instead of tortilla

Wednesday: SALMON TIKKA MASALA



PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INGREDIENTS

Marinade

- 1 tablespoon lemon juice freshly squeezed
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon Kashmiri red chili powder
- 1 teaspoon garam masala
- ½ teaspoon ground turmeric
- 1 teaspoon kosher salt

Curry

- 1½ pounds skinless salmon fillet cut into 8 pieces
- 1 tablespoon neutral vegetable oil
- 1 large yellow onion finely diced
- 1 teaspoon kosher salt
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 1½ cups canned tomato puree
- 1 teaspoon Kashmiri red chili powder
- ½ teaspoon ground turmeric
- ½ teaspoon garam masala
- ⅓ cup water
- ¾ cup heavy cream
- 1 tablespoon dried fenugreek leaves

INSTRUCTIONS

1. To make the marinade: In a stainless-steel bowl that will fit in the Instant Pot, combine the lemon juice, ginger, garlic, chili powder, garam masala, turmeric, and salt and stir to mix.
2. Add the salmon to the marinade and turn to evenly coat with the spices. Set aside.
3. Select the high Sauté setting and heat the oil. Add the onion and salt and sauté until the onion turns translucent about 5 minutes. Cover the pot with a glass lid (or other nonlocking lid that fits) to speed up the process. Add the ginger and garlic and sauté until aromatic, about 1 minute. Add the tomato puree, chili powder, turmeric, and garam masala. Press the Cancel button to turn off the Instant Pot. Pour in the water and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
4. Place a tall steam rack in the pot, making sure all of its legs are resting firmly on the bottom. Place the bowl of salmon on the rack.
5. Secure the lid and set the Pressure Release to Sealing. Select the Pressure Cook or Manual setting and set the cooking time for 4 minutes at high pressure.
6. Perform a quick release by moving the Pressure Release to Venting. Press the Cancel button to turn off the Instant Pot. Open the pot and, wearing heat-resistant mitts, remove the bowl of salmon to a trivet and remove the rack.
7. Stir the heavy cream into the curry, then crush the fenugreek leaves with the palms of your hands to release the aromas and stir them in as well. Select the high Sauté setting and carefully add the salmon to the curry, turning it to evenly coat. Cook until the curry comes to a gentle boil and is heated through, 2 to 3 minutes. Press the Cancel button to turn off the Instant Pot.
8. Spoon the curry onto plates and serve the rice, naan, and lemon wedges alongside.

Thursday: LEMON CORIANDER SOUP WITH TOFU



INGREDIENTS

- 2 tablespoons oil divided
- 2 tablespoons ginger grated
- 2 tablespoons garlic minced
- 3 to 6 green chilies sliced, or 1 to 2 jalapeños
- 1 cup cilantro stems roughly chopped
- 12 black peppercorns
- 4 cups low sodium vegetable broth
- 1 cup green cabbage thinly sliced
- 1 cup carrots julienned
- 12 oz extra firm tofu cubed or cubed and baked
- 3 tablespoons corn starch
- 1 cup water
- ¼ teaspoon fresh ground pepper
- ½ cup cilantro chopped 1 lemon

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Sauté mode and heat half of oil. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Close Instant Pot with pressure valve to sealing. Pressure cook for 8 minutes followed by quick release or Natural Pressure Release
2. Open Instant Pot. 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
3. 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
4. Add baked tofu. Mix the corn starch in water and add to the soup
5. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice and chopped cilantro. Enjoy hot

NOTES

- In a large pot heat oil on medium. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Allow the broth to boil for 15 minutes on medium-low heat partially covered.
- 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
- Rinse and dry the Pot used to make the broth. Add the remaining oil, cabbage, carrots, and remaining ginger and sauté on medium heat for 3 to 4 minutes
- Add baked tofu. Mix the corn starch in water and add to the soup
- Bring the soup to a gentle boil. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice, and chopped cilantro. Enjoy hot

Friday: VEGETABLE HAKKA NOODLES



INGREDIENTS

- 6 cups noodles Chings hakka noodles (300 grams)
- 3 tablespoons oil
- 1 small yellow onion thinly sliced
- 8 garlic cloves minced
- 1 cup green cabbage finely chopped
- 1 cup purple cabbage finely chopped
- ½ cup red peppers thinly sliced
- ½ cup green peppers thinly sliced
- 1 cup carrots julienned
- 1 tablespoon white vinegar or rice vinegar
- 2 tablespoons low sodium soy sauce
- 1 tablespoon chili sauce schezwan chutney, chili garlic sauce or sriracha sauce
- ½ cup green scallions finely chopped

PREP TIME: 15 MIN

COOK TIME: 10 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. In a large pot bring 8 cups of water to boil. Add a teaspoon of oil and cook the noodles according to the instructions on the package. Pour the noodles into a large colander and drain out the water. Run cold water over it so the noodles don't overcook. Once all the water is drained out, spread the noodles in a large tray, pour 1 teaspoon of oil, mix in and keep aside
2. Heat remaining oil in a large pan or wok. Add garlic and onions, saute for 2 minutes. Add peppers, carrots, and cabbage. Stir well and cook for 2-3 mins or just until the veggies are partially cooked. Note: Do not overcook as you want the veggies to stay crunchy
3. Add vinegar, soy sauce, chili sauce, and mix well. Add the cooked noodles and mix well using a pair of tongs. Cook on high heat until the noodles are heated through really well, about 5 to 7 minutes. Turn the heat off and garnish with scallions. Enjoy hot!

NOTES

- I used the saute(high) mode on the Instant Pot to boil the water and then cooked the noodles in it.
- If you use the Chings Hakka noodles, break them in half, and then use pair of tongs to separate them as they start to cook and soften