



ministry of curry

WEEK OF:
02/08 - 02/12

Tip:
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Menu

MONDAY

Instant Pot Dal Makhani - GF

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF, LC

WEDNESDAY

Paneer Butter Masala - GF, LC

THURSDAY

Lemon Coriander Soup with Tofu - GF, V, LC

FRIDAY

Vegetable Hakka Noodles - V

COOKING ICONS

 Gluten-Free  Low Carb  Vegan  Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- 4 oz light cream
- 12 oz extra firm tofu cubed
- 1 pound paneer
- 4 oz heavy cream

PANTRY

- 8 oz dry black gram beans
- 3 oz corn starch
- 2 oz low sodium soy sauce
- 4 oz mayo
- 8 oz tomato puree
- 3 oz dry red kidney beans
- 2 oz white vinegar
- 2 oz chili garlic sauce
- 10 small corn tortillas
- 4 oz tomato paste
- 8 oz brown rice
- 32 oz low sodium vegetable broth
- 6 cups Chings hakka noodles
- 1 can chipotle peppers in adobo

PRODUCE

- 3 large yellow onions
- 6" ginger root
- 6 green chillies
- 2 limes
- 1 small purple cabbage
- 1 bunch scallions
- 1 medium red onion
- 4 tomatoes
- 6 carrots
- 1 cauliflower
- 1 small red pepper
- 1 avocado
- 3 garlic bulbs
- 3 cilantro bunches
- 1 lemon
- 1 green cabbage
- 1 small green pepper

SPICES

- cumin seeds
- garam masala
- ground turmeric
- black peppercorns
- Kashmiri red chili powder
- 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



INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
 - ½ cup red kidney beans
 - 1 tablespoon oil **
 - 1 teaspoon cumin seeds
 - 1 medium yellow onion finely diced
 - ¼ teaspoon ground turmeric
 - 2 tablespoons fresh ginger grated
 - 2 cups tomatoes diced
 - 2 teaspoons kosher salt
 - 2 teaspoons Kashmiri red chili powder
 - 2 cups water
 - ½ cup light cream **
 - 1 teaspoon garam masala
 - ¼ cup cilantro chopped
- Optional Pot in Pot rice
- 1 cup brown rice
 - 2 cups water
 - 1 teaspoon salt

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: 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 LB cut or 5 cups)
- 1½ teaspoons kosher salt
- ½ teaspoon ground black pepper
- ¾ teaspoon ground turmeric
- ¼ cup olive oil

Chipotle Mayo

- ½ cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- ⅛ teaspoon salt more to taste
- ½ 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
- ½ cup red onions thinly sliced
- 1 to 2 carrots grated
- ¼ 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: PANEER BUTTER MASALA



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INGREDIENTS

- 2 tablespoons ghee
 - 1 large yellow onion finely diced
 - 1 tablespoon ginger grated
 - 1 tablespoon garlic minced
 - 2 teaspoons Kashmiri red chili powder or another mild red chili powder
 - 1½ teaspoons kosher salt
 - ½ teaspoon ground turmeric
 - 1 cup canned tomato puree
 - ½ cup water
 - 1 pound paneer cut into 1/2-inch cubes
 - ½ cup heavy cream **
 - 2 tablespoons tomato paste
 - 2 tablespoons dried fenugreek leaves optional
 - 2 teaspoons sugar
 - 1 teaspoon garam masala
 - ½ cup chopped fresh cilantro
- Optional Ingredients to serve as Naan Pizza
- 1 cup shredded mozzarella cheese
 - 8 Naan

INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat the ghee. Add the onion, ginger, garlic, chile powder, salt, and turmeric and sauté until aromatic, about 1 minute. Add the tomato puree and water and stir to combine. Layer over the garam masala, but do not mix.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 8 minutes on high pressure.
3. Perform a quick release by moving the Pressure Release Valve to Venting. Open the pot and blend the sauce to a smooth consistency using an immersion blender. Stir in the paneer, cream, tomato paste, fenugreek leaves, and sugar. Select the high Sauté setting and cook until the curry comes to a gentle boil, about 5 minutes. Press the Cancel button to turn off the Instant Pot. Garnish with cilantro & serve.
4. To serve it as Paneer Makhani Naan Pizza: Preheat the oven to 400 degrees. Spread 3 to 4 tablespoons of makhani sauce on the naan, spread mozzarella cheese, and paneer cubes on top. Bake, grill or broil for 5 to 10 minutes or until the naan pizza comes out crisp.

NOTES

- There is no good substitute for fenugreek leaves. So if you don't have them, just skip
- You can also use fresh tomatoes instead of tomato puree. Simply puree ripe tomatoes in a blender
- Heavy cream can be substituted with unsweetened coconut cream or cashew cream. See my Dum aloo recipe to see how to make quick 5-minute homemade cashew cream
- You can substitute ghee with any neutral oil or butter if you like
- To make this dish vegan, use tofu instead of paneer and use the above ghee and cream substitutes
- Do not pressure cook Paneer as it can make it chewy. Simply allow the paneer cubes to soak in the hot sauce for 5 to 10 mins

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