



*ministry  
of curry*

WEEK OF:  
03/01 - 03/05

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# Menu

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## MONDAY

Lemon Coriander Soup with Tofu - GF, V, LC

## TUESDAY

Instant Pot Chicken Tinga Tacos - GF, LC

## WEDNESDAY

Instant Pot Doro Wat - GF, LC

## THURSDAY

Quinoa Oats Dosa - VG, GF

## FRIDAY

Vegetable Hakka Noodles - V

## 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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- 4 oz pepper jack cheese
- 4 eggs
- 12 oz extra firm tofu
- 2 lbs chicken drumsticks
- 2 lbs chicken breasts skinless and boneless

## PANTRY

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- 2 oz corn starch
- 8 oz white organic quinoa
- 32 oz low sodium vegetable broth
- 4 oz rolled oats
- 4 oz urad dal
- 4 oz low sodium chicken broth
- 2 oz chana dal
- 2 oz white vinegar
- 300 grams wheat noodles
- 2 oz chili garlic sauce
- 2 oz low sodium soy sauce
- 1 can chipotle peppers in adobo sauce
- 12 corn tortillas
- 2 oz tomato paste

## PRODUCE

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- 5 inch ginger root
- 4 garlic bulbs
- 6 green chillies
- 2 bunches cilantro
- 1 bunch scallions
- 4 carrots
- 2 lemons
- 1 lime
- 2 large yellow onions
- 2 large red onions
- 1 small green cabbage
- 1 small purple cabbage
- 1 small red pepper
- 1 small green pepper
- 4 tomatoes
- 4 radishes
- 1 avocado

## SPICES

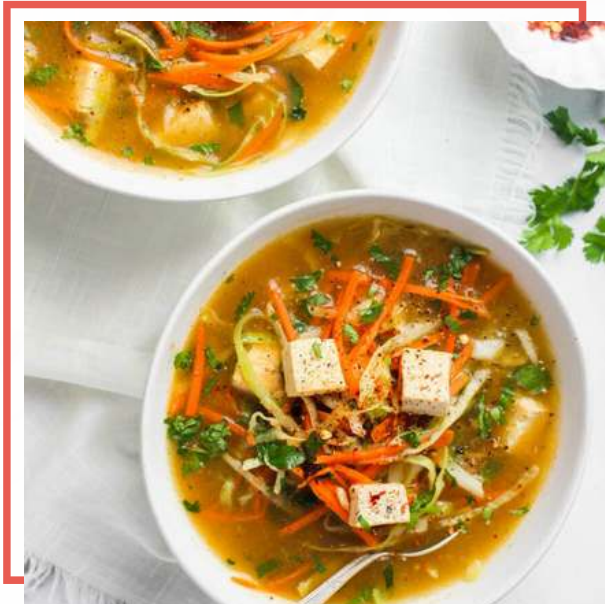
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- black peppercorns
- Berbere spice blend

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: 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

Stovetop Recipe:

- 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

# 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: INSTANT POT DORO WAT



## INGREDIENTS

- 2 pounds chicken drumsticks 8 pieces, skin removed
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 2 tablespoons ghee
- 2 large red onions finely chopped
- 2 tablespoons ginger grated
- 2 tablespoons garlic pressed
- ½ cup Berbere spice blend
- 2 tablespoons tomato paste
- 4 hard-boiled eggs peeled and sliced into half

PREP TIME: 15 MIN

COOK TIME: 30 MIN

TOTAL TIME: 45 MIN

SERVES: 4

## INSTRUCTIONS

1. Hard boil eggs. I use Instant Pot to hard boil the eggs but you can also hard boil them on the stovetop. Add 1 cup of water to the instant pot insert. Place eggs on the trivet and pressure cook for 5 minutes. Allow 5 minutes natural pressure release and then release the rest of the pressure and open the Instant Pot. Run cold water over the eggs or put them in an ice bath. This allows the eggs to stop overcooking. Peel and slice the eggs and keep aside
2. Add lemon juice and salt to chicken, mix well and keep aside
3. Set the Instant Pot on Saute (Hi) mode and heat ghee. Add onions and saute them for 5 minutes, stirring a few times. Place a lid on top to speed up the process
4. Add garlic and ginger and cook for a minute. Turn the Instant Pot off and add ½ cup of water and deglaze the pot using a wooden removing all the browning or stuck bits
5. Add the chicken, layer over berbere, and tomato paste. Do not mix
6. Close the Instant Pot with the pressure valve to sealing and adjust the cook time to 8 minutes. Allow natural pressure release for 10 minutes and then open the Instant Pot. Mix well. The stew may look a bit watery at this point, mix gently and simply allow it to cool down for 5 minutes and the stew will continue to thicken
7. Stir in hard-boiled eggs, garnish with chopped cilantro and enjoy hot

## NOTES

- Don't have an Instant Pot? Here is how you can adapt this recipe to make on the stovetop:
  - Hard boil the eggs on the stovetop. Follow the recipe above but after adding chicken, Berbere, and tomato paste, mix everything with an additional 1 cup of water and cook covered on medium-low heat for 20 to 30 minutes or until the chicken is cooked through. Make sure to stir the chicken a few times and add more water if needed. In the end, taste and add more salt and berbere spice if needed. Add boiled eggs and garnish with cilantro.
- Note, Skinless chicken drumsticks can be substituted with:
  - a. bone-in or boneless thighs
  - b. whole bone-in chicken cut into pieces or chicken breasts
  - c. For boneless breasts or thighs that are cut into small 2-inch pieces, reduce the pressure cook time to 5 minutes

# Thursday: QUINOA OATS DOSA



## INGREDIENTS

- 1 cup white organic quinoa
- ½ cup rolled oats quick oats will work too
- ½ cup urad dal
- ¼ cup chana dal
- 1½ cups water for making the batter
- 1½ teaspoons kosher salt
- ¼ cup oil or ghee to apply to the cooked dosa

PREP TIME: 15 MIN

COOK TIME: 30 MIN

SOAKING TIME: 4 HRS

TOTAL TIME: 4 HRS 45 MINS

SERVES: 6

## INSTRUCTIONS

1. Rinse the quinoa, oats & lentils. Drain out the water and then soak with 3 cups of water for 4 hours.
2. Drain out all the water. Add to a blender and blend with water. The dosa batter consistency will be like pancake batter. Add salt and mix well
3. Allow to rest for 20 minutes or an hour or start making the dosa's right away
4. Preheat a nonstick griddle on low heat and pour about ⅓ cup of batter and spread it into a thin dosa using the back of the ladle or a measuring cup. Starting from the middle spread the batter in a circular motion going outwards.
5. Once the bottom of the dosa starts to turn golden brown, evenly spread a little bit of oil or ghee on the dosa. Allow the dosa to crisp up further for another couple of minutes or if you like softer dosa lower the heat and take the dosa out.
6. Using a flat spatula start remove the dosa from the outer edges, then gently fold the dosa and serve immediately with coconut chutney and spicy potatoes.
7. Before making the next dosa, lower the heat and wipe the pan using wet paper towels. You can also cut an onion in half and use the flat portion of the onion to rub on the pan. This helps cool down the pan a bit and will allow you to spread the batter thinly and evenly.
8. Repeat making dosa with the rest of the batter. Any remaining batter can be refrigerated for up to 3 days.

## NOTES

- [Please visit the recipe on the blog for multiple notes](#)

# 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