



ministry of curry

WEEK OF:
04/12 - 04/16

Tip:
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Menu

MONDAY

Spinach Dal with Rice - GF

TUESDAY

Gudi Padwa Festive Meal

Batata Bhaji



WEDNESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

THURSDAY

Spicy Thai Basil Fried Rice - GF, V

FRIDAY

Instant Pot Vegetable Manchurian - GF, V

COOKING ICONS

(GF) Gluten-Free

(LC) Low Carb

(V) Vegan

(PIP) Pot-in-pot

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

Grocery Shopping List

PROTEIN & DAIRY

- ☐ 8 oz pepper jack cheese ☐ 14 oz extra firm tofu

FROZEN

- ☐ 1 lb veggie balls

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 oz masoor Dal | <input type="checkbox"/> 8 oz basmati rice | <input type="checkbox"/> 16 oz jasmine rice |
| <input type="checkbox"/> soy sauce | <input type="checkbox"/> hoisin sauce | <input type="checkbox"/> chili garlic sauce |
| <input type="checkbox"/> chili vinegar | <input type="checkbox"/> 2 oz corn starch | <input type="checkbox"/> Better Than Bouillon Vegetable Base |
| <input type="checkbox"/> 8 tortillas | | |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 3 green chilies | <input type="checkbox"/> 2" ginger root | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 1 pack curry leaves | <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 12 ounces baby spinach |
| <input type="checkbox"/> 4 yellow onions | <input type="checkbox"/> 3 large yukon gold potatoes | <input type="checkbox"/> 1 lemon |
| <input type="checkbox"/> 1 red bell pepper | <input type="checkbox"/> 1 yellow bell pepper | <input type="checkbox"/> 1 cilantro bunch |
| <input type="checkbox"/> 1 Thai basil bunch | <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 8 oz white mushrooms |

SPICES

- ☐ cumin seeds ☐ ground turmeric ☐ 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: INSTANT POT SPINACH DAL AND RICE



INGREDIENTS

- 1 tablespoon ghee
- ½ teaspoon cumin seeds
- ⅛ teaspoon ground turmeric
- 1 green chili chopped
- 1 tablespoon garlic minced
- 4 curry leaves optional
- 1 tomato diced
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup red lentils
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup basmati rice
- 1 teaspoon kosher salt
- 1½ cups water

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt, and water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped spinach and mix well. Cook on Sauté mode until the daal comes to a gentle boil.
5. Enjoy hot with **steamed basmati rice**.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.

Tuesday: BATATA BHAJI



INGREDIENTS

- 2 tablespoon oil
- ½ teaspoon mustard seeds
- 1 large yellow onion thinly diced
- ¼ teaspoon turmeric
- 1 to 2 teaspoons green chilies diced
- 1 tablespoon ginger grated
- 20 curry leaves chopped
- 3 large yukon gold potatoes peeled and cut into 1 inch cubes (3 to 4 cups)
- 2 teaspoons kosher salt
- ½ cup water
- 1 tablespoon lemon juice
- ¼ cup cilantro chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to saute(more) mode. Once the hot sign display, add oil. Add mustard seeds in the oil and allow them to pop which may take 2-3 minutes. Add onions and sauté for 2 minutes.
2. Add turmeric, green chilies, ginger, and curry leaves. Saute for 30 seconds. Press Cancel. Add potatoes, salt, and water. Mix well, deglazing the pot if needed. Close the Instant Pot lid with pressure valve to sealing. Cook on manual / Pressure Cook (Hi) for 4 minutes followed by quick release. Turn the Instant Pot off.
3. Open the Instant Pot lid. Add lemon juice and cilantro. Mix gently and enjoy hot.
4. Serve with hot puri, roti, or parathas.

NOTES

- Make it a festive meal served with **Shrikhand** and **Puri**
- Make sure that the potatoes are cut into 1-inch cubes. If you cut them smaller, adjust the cooking time to 2-3 minutes.
- Yellow, Idaho, or Red Potatoes can be used in this recipe.



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Wednesday: 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.

Thursday: THAI BASIL FRIED RICE



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu baked or stir-fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon Thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1-inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1-inch strips
- 1 cup packed Thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce

INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant.
2. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next, add half of the Thai basil leaves and stir well. Stir in soy sauce, hoisin sauce, and chili garlic sauce.
3. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in.
4. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!

Friday: INSTANT POT VEGETABLE MANCHURIAN



PREP TIME: 2 MIN
COOK TIME: 8 MIN
TOTAL TIME: 10 MINS
SERVES: 4

INGREDIENTS

- 1 tablespoon oil
- ½ cup yellow onion diced
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 1 teaspoon red chili flakes optional
- 16 frozen veggie balls IKEA, Trader Joe's or Whole foods
- 2 cups low sodium vegetable broth
- 2 teaspoons soy sauce
- 2 teaspoons vinegar I used chili vinegar
- 2 teaspoons sugar
- 2 tablespoons corn starch or arrowroot powder
- ¼ cup water

Garnish:

- red pepper flakes
- 2 tablespoons cilantro chopped
- 2 tablespoons scallions chopped

INSTRUCTIONS

1. Turn Instant Pot to saute(more) mode and heat oil. Add onion, ginger, and garlic. Sauté for a minute. Add red chili flakes, frozen veggie balls, and broth. Give a quick stir.
2. Close Instant Pot with pressure valve to sealing. Pressure Cook for 4 minutes followed by Quick Release. Open the lid and set the Instant Pot to saute mode. Add soy sauce, chili vinegar, and sugar. Mix corn starch with water and stir it in the gravy.
3. Mix well and cook until the sauce comes to a gentle boil. Add more red chili flakes for a spicier taste. Garnish with cilantro and scallions. Enjoy hot over **steamed rice**, **fried rice**, or **noodles**!

NOTES

- Make sure to add frozen meatballs as thawed meatballs will fall apart during pressure cooking. If you have meatballs that are already thawed, then simply pressure cook the sauce and then stir in the meatballs after and cook on saute mode for 5 mins.
- I like to use the low sodium Better than Bouillon Vegetable Broth in this recipe. Vegetable broth can be substituted with 2 cups of water and 1.5 teaspoons of salt
- In addition to the veggie balls, some of my readers also have enjoyed this dish with frozen chicken meatballs
- If you are doubling the recipe, pressure cook time will still remain the same
- For gluten-free Manchurian, use Tamari instead of soy sauce