



*ministry  
of curry*

WEEK OF:  
06/07-06/11

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# Menu

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## MONDAY

Quinoa Oats Dosa - GF

## TUESDAY

Instant Pot Vegetarian Taco Pasta

## WEDNESDAY

Spicy Miso Ramen Soup - GF

## THURSDAY

Thai Panang Curry

## FRIDAY

Paneer Egg Biryani - GF

## 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

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- 8 oz pepper jack cheese
- 2 packs extra firm tofu

## FROZEN

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- 8 oz corn kernels

## PANTRY

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- 8 oz dry chickpeas
- 1 lb pasta
- 4 oz rolled oats
- white miso paste
- 8 oz ramen noodles
- 2 oz peanut butter
- 20 oz salsa
- 1 can black beans
- 4 oz urad dal
- chili garlic sauce
- 4 oz Panang curry paste
- soy sauce
- 32 oz low sodium vegetable broth
- 8 oz white organic quinoa
- 2 oz chana dal
- 32 oz low sodium vegetable broth
- 1 can unsweetened coconut milk
- 16 oz long grain basmati rice

## PRODUCE

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- 2 jalapeños
- 8 oz shiitake mushrooms
- 2 red peppers
- 1 small bunch Thai basil
- 8 oz mushrooms
- 1 bunch cilantro
- 2 inch gingerroot
- 1 orange pepper
- 2 green chillies
- 1 garlic bulb
- 1 lb baby bok choy
- 1 bunch scallions
- 1 lime
- 1 bunch mint leaves

## SPICES

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- taco seasoning mix
- garam masala
- ground turmeric
- Kashmiri red chili powder

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: 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: 60 MIN

SERVES: 6

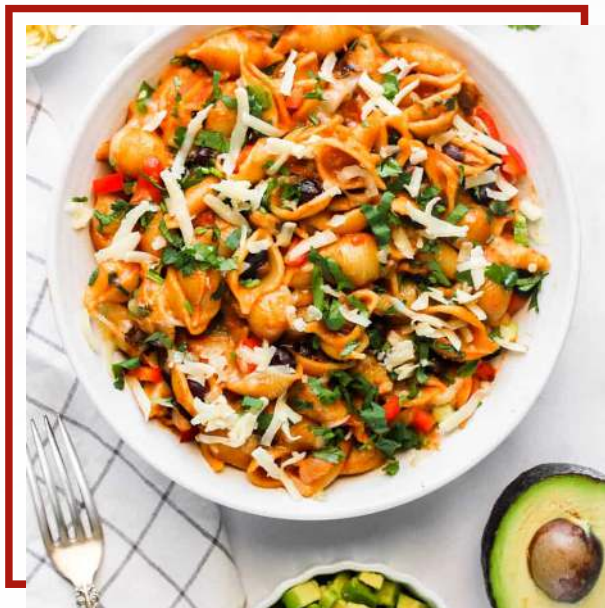
## INSTRUCTIONS

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 removing 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

- Make sure to massage and rinse quinoa at least 2 to 3 times
  - Dosas are best cooked and served immediately but you can store the batter refrigerated in an airtight container for up to 3 days
  - To make perfectly thin dosas everytime, its important to have the griddle or pan you are using at the right temperature. Th pan should be on low heat when you are pouring and spreading the batter
  - Between each dosa use couple of wet paper towels to wipe the pan and to bring down the temperature so the dosa batter can be spread properly for your next dosa. If the Pan is too hot, the batter will not spread evenly and will start sticking to the back of the spoon.
  - Once the batter is spread you can increase the heat to medium and finish cooking
  - Note that the quinoa dosas are best cooked on medium to low heat so they cook crispy golden brown
1. You can also fold the dosa in a cone shape that the kids will love to see and eat! Starting from the outer edge, cut the cooked dosa until the mid center. Then pickup one side of the dosa and start folding it inwards using the cut center as the top point, shaping it like a cone.

## Tuesday: INSTANT POT SPICY TACO PASTA



### INGREDIENTS

- 1 tablespoon cooking oil
- 1 large yellow onion diced
- 1 jalapeño diced
- 1 can black beans rinsed and drained
- 1 cup mushrooms diced
- ½ cup red peppers diced
- 1 cup fresh or frozen corn optional
- 1 pound pasta shells
- 2 tablespoons taco seasoning mix \*\* love trader joes or Primal Palate
- 2 cups salsa
- 4 cups low sodium vegetable broth

### Garnish

- ½ cup cilantro chopped
- 1 cup pepper jack cheese grated
- 1 avocado diced optional

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MIN

SERVES: 6

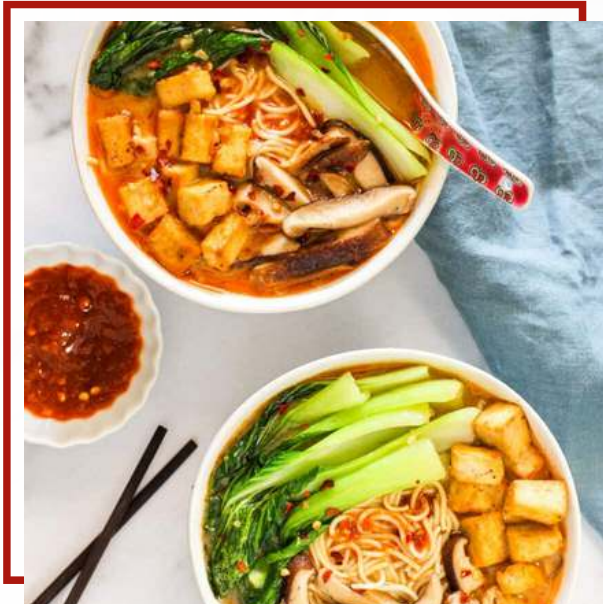
### INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add black beans, mushrooms, peppers, and corn. Add taco seasoning and mix everything together.
3. Add pasta and broth. Mix well gently pushing the pasta under the liquids. Layer over the salsa but do not mix. This will prevent the BURN error on newer Instant Pots.
4. Close the Instant Pot with pressure valve to sealing. Pressure cook for 4 mins. Note: Cook time for the pasta shells I used was 9 minutes.
5. Quick-release and open the Instant Pot. Garnish with cilantro. Stir in half of the cheese. Serve with topped remaining cheese and diced avocados.

### NOTES

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute. This timing also works for gluten-free pasta
- Remember to add the cheese after the pasta is done pressure cooking

# Wednesday: SPICY MISO RAMEN SOUP



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

## INGREDIENTS

### Vegetables

- 2 tablespoons oil
- 1 tablespoon garlic minced
- 1 lb baby bok choy
- 8 oz shiitake mushrooms de-stemmed and thinly sliced

### Broth

- 1 tablespoon oil
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon chili garlic sauce
- 6 cups low sodium vegetable broth
- 14 oz extra firm tofu
- 8 oz ramen noodles 3 brown rice ramen cakes
- 2 tablespoons white miso paste
- 4 tablespoons water

### Optional garnish

- ½ cup scallions
- red chili flakes
- chili garlic sauce

## INSTRUCTIONS

1. Bake or air fry tofu using these directions.
2. Heat 1 tablespoon of oil on a dutch oven or a large pot. Add half of the garlic and saute for 30 seconds on medium heat. Add bok choy and saute for 2 to 3 minutes. Take out the bok choy and reserve.
3. In the same pan add 1 tablespoon of oil and mushrooms. Cook on medium heat until the mushrooms are soft about 3 to 4 minutes stirring frequently. Take out the mushrooms and reserve.
4. Add remaining oil, ginger, and garlic paste. Saute for a minute or until fragrant. Add chili garlic sauce and broth. Bring to a rolling boil.
5. Add noodles and cook until the noodles are cooked through and soft. Follow the directions on the package for cook time.
6. Once the noodles are cooked, turn the heat off. Mix together miso paste and water and add to the noodles.

### To Serve:

1. Ladle broth in a large soup bowl. Add the noodles over using a pair of tongs and top with sauteed bok choy, mushrooms, and tofu. Garnish with scallions. Add red chili flakes or chili garlic paste to taste and serve hot.

## NOTES

- Keep the coconut milk can refrigerated for a couple of hours which helps separate the cream from the watery portion



# Thursday: THAI PANANG CURRY



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MINS

SERVES: 4

## INGREDIENTS

- 2 tablespoons oil
- 2 garlic cloves minced
- 1 medium yellow onion sliced
- 1 medium red pepper cut into 2-inch slices
- 1 medium orange pepper cut into 2-inch slices
- 4 oz Panang curry paste \*\*
- 1 can coconut milk full fat
- 14 oz extra firm tofu cubed and baked or stir-fried
- 1 teaspoon kosher salt
- 1 tablespoon peanut butter
- 1 tablespoon soy sauce or tamari
- 1 lime
- 1 cup Thai basil Italian basil or cilantro

## INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and saute for 30 seconds or until fragrant. Add onion, peppers and cook for 2 to 3 minutes or until the veggies are slightly tender. Push all the veggies to the sides of the wok and add Panang curry paste in the middle of the wok.
2. Fry the curry paste for a few seconds with some of the existing oil in the pan. Then mix the curry paste in the veggies. Stir in coconut milk and mix until the sauce looks creamy and well blended. Add half of the basil leaves, tofu, and salt. Mix well.
3. Cover and cook on medium heat for 5 minutes or until the curry comes to a gentle boil. Add peanut butter, soy sauce and mix well. Garnish with remaining basil leaves, add lime juice and enjoy hot with [steamed Jasmine rice](#).

## NOTES

- Add only 2 tablespoons of curry paste for a less spicy curry
- Add 1/2 to 1 cup of water for more soupy curry

# Friday: INSTANT POT EGG BIRYANI



PREP TIME: 20 MIN

COOK TIME: 25 MIN

TOTAL TIME: 45 MINS

SERVES: 4

## INGREDIENTS

- 2 cups basmati rice
- 6 large eggs
- 2 tablespoons ghee
- 2 yellow onions medium, thinly sliced
- 1 teaspoon cumin seeds
- ½ teaspoon black peppercorns
- 2 bay leaves
- 2 teaspoons Kashmiri red chili powder
- ½ teaspoon ground turmeric
- 2½ teaspoons kosher salt
- 1½ teaspoons garam masala
- ½ cup plain yogurt
- 1½ teaspoons ginger grated
- 1½ teaspoons garlic minced
- 2 cups water
- ½ cup cilantro leaves chopped
- ¼ cup mint leaves chopped (optional)
- 1 tomato diced
- 1 pinch saffron mixed in 1 tablespoon warm milk optional

To Serve

- 4 Lemon wedges optional

Raita

- 1 medium red onion finely diced
- 1 tomato finely diced
- ¾ cup plain yogurt
- ½ teaspoon kosher salt
- 1 teaspoon sugar optional
- 1 tablespoon cilantro chopped finely

## INSTRUCTIONS

1. Rinse the rice and soak in 4 cups of water for 20 minutes. Drain all the water after 20 minutes.
2. While the rice is soaking hard boil the eggs. Add 1 cup of water to the Instant Pot. Place the trivet and place eggs on top of it. Close the Instant Pot lid with the pressure valve to sealing. Set the Instant Pot to pressure cook (hi) for 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure and open the Instant Pot. Using a pair of heat-resistant mitts, carefully pick up the Instant Pot insert and place it in the sink. Run cold water for 2 minutes over the eggs or place them in an ice bath. Once the eggs are cool to handle, peel them. Make 3 shallow slits to the hard-boiled eggs and keep them aside.
3. Set the Instant Pot to saute mode and add ghee. Add onions and saute until they turn light golden brown, about 10 minutes. Take half of the onions out and reserve.
4. Deglaze the bottom of the pot to remove any browning from sauteeing the onions. Use 1 to 2 tablespoons of water to help remove any stuck browned bits as this will help the Instant Pot come to pressure properly and not show the dreaded "BURN"
5. Add cumin seeds, black peppercorns, bay leaves, and saute for a minute. Turn the Instant Pot off and add red chili powder, turmeric, salt, garam masala, ginger, garlic, mint, cilantro, tomatoes, and yogurt. Mix well once again deglazing the pot.
6. Add eggs and mix coating the eggs with spices. Add rice over and spread it evenly. Add water and stir gently making sure most of the rice is under liquids. Close the Instant Pot and turn the pressure valve to sealing. Pressure Cook (Low) for 5 minutes followed by 5 minutes natural pressure release. Release the remaining pressure and open the Instant Pot. Layer the reserved caramelized onions and saffron milk evenly on top. Garnish with remaining cilantro. Enjoy hot with a lemon wedge and raita.
7. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt, sugar and mix well. Garnish with cilantro.