



*ministry
of curry*

WEEK OF:
06/21 - 06/25

Tip:
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Menu

MONDAY

Mushroom Masala - VG, GF

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - VG

WEDNESDAY

Quinoa Idli - V, GF

THURSDAY

Instant Pot Doro Wat - VG, GF

FRIDAY

Chicken Kathi Rolls


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

- 8 oz pepper jack cheese
- 2 oz plain yogurt
- 2 pounds chicken drumsticks
- 1 lb chicken breasts
- 4 eggs

FROZEN

- 8 Kawan parathas

PANTRY

- 6 oz tomato puree
- 4 oz cashews
- 8 whole wheat tortillas
- 8 oz white organic quinoa
- 3 oz urad dal
- 4 oz poha
- 2 oz tomato paste
- cilantro mint chutney

PRODUCE

- 2 lbs white mushrooms
- 2 yellow onions
- 4 red onions
- 3 inch ginger root
- 2 garlic bulbs
- 2 bunches cilantro
- 5 oz baby spinach
- 1 lemon
- 1 red pepper
- 1 green pepper

SPICES

- dried fenugreek leaves
- ground turmeric
- Kashmiri red chili powder
- garam masala
- fenugreek seeds
- 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: MUSHROOM MASALA



INGREDIENTS

- 1 pound white mushrooms rinsed, dried, and sliced
- 2 tablespoons ghee or neutral oil for a vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- ¾ cup tomato puree or 2 fresh ripe red tomatoes pureed
- ½ teaspoon ground turmeric
- ½ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- ½ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- ⅓ cup cashews
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in ½ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with ¼ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt, and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over cauliflower rice. Add a side of **Indian cucumber salad** for a delicious meal.

NOTES

- To cook this recipe on stove top, follow the recipe using a medium-sized pot. Instead of pressure cooking simply add extra 1/2 cup of water along with the mushrooms and then cook covered on medium heat for 10 to 15 minutes, or until the mushrooms are cooked through.

Tuesday: 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.

Wednesday: QUINOA IDLI

INGREDIENTS

- 1 cup white organic quinoa
- ⅓ cup urad dal
- ½ cup poha flattened rice flakes
- ¼ teaspoon fenugreek seeds
- ½ cup water for blending
- 1½ teaspoons kosher salt
- 1 tablespoon ghee



PREP TIME: 20 MIN

COOK TIME: 30 MIN

SOAKING/FERMENTING TIME: 16 HRS

TOTAL TIME: 16 HRS 45 MINS

SERVES: 4

INSTRUCTIONS

1. Rinse the quinoa 2 to 3 times. Add poha & lentils and rinse again. Drain out the water and then soak with 3 cups of water for 6 to 8 hours.
2. Drain out all the water and add to a blender and blend with salt & water. The idli batter consistency will be like pancake batter.
3. Add the idli batter to the Instant Pot insert. Set the Instant Pot to Yogurt(normal mode) for 8 hours. Place a non-locking lid on the Instant Pot as you do not need any pressure to be built. Depending on the temperature in your kitchen you may need to ferment it anywhere between 8 to 12 hours. If you do not have an Instant Pot, simply place the batter container in a warm place or inside the oven with lights on.
4. Evenly spread 2 to 3 drops of ghee or oil to the idli mold plates and grease it well. Then pour the batter in each section, about 1/4 cup to 1/3 cup depending on the size of your idli plate. Stack the plates and get the idli stand ready. Add 1 cup of water to the Instant Pot insert and heat it on sauté mode. Once the water gets hot and starts to steam, place the idli stand inside the Instant Pot. Close the lid with the pressure valve to venting. Press the steam option and set an EXTERNAL timer for 15 minutes. NOTE: The Instant Pot timer does not work with the pressure release valve to venting so make sure to set an external timer.
5. Once the timer goes off, press the Cancel button on the Instant Pot and allow a 10-minute natural pressure release. Then open the lid and carefully take out the Idli stand. Separate each plate and allow to cool down for 5 mins. Then run a butter knife carefully from under each idli and remove the idlis.
6. Enjoy hot with some coconut chutney or cilantro chutney and sambar. I have a super easy and delicious sambar recipe in The Essential Indian Instant Pot Cookbook.

NOTES

- For more notes please visit the [blog post](#)

Thursday: DORO WOT



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
- ⅓ cup **Berberé 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

Friday: CHICKEN KATHI ROLLS



PREP TIME: 10 MIN

COOK TIME: 20 MIN

MARINADE TIME: 20 MINS

TOTAL TIME: 50 MINS

SERVES: 4

INGREDIENTS

- 1 lb chicken breasts cut into bite-sized strips
- 2 tablespoons oil
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced
- ½ teaspoon kosher salt

Marinade Ingredients:

- 2 tablespoons plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 1 to 2 teaspoons Kashmiri red chili powder
- 1 teaspoon garam masala
- ¼ teaspoon ground turmeric
- 1 tablespoon dried fenugreek leaves Kasoori methi
- 1 teaspoon kosher salt
- 1 tablespoon fresh lemon juice

To Serve:

- 8 Kawan parathas cook per package instructions
- ½ cup [Cilantro Mint Chutney](#)
- 1 medium red onion thinly sliced
- ½ cup cilantro chopped

INSTRUCTIONS

1. Marinate the chicken: Add chicken to a bowl and stir in all the marinade ingredients. Mix well and keep aside for 20 minutes. You can also marinate it for a longer time but 2 hours is generally enough. Make sure to keep it in the refrigerator if marinating for more than 20 mins.
2. Make the filling: Heat oil in a pan. Add onions, peppers, salt and cook for 3 to 4 minutes. Add marinated chicken and mix well. Cooked covered for 3 to 4 minutes on medium heat. Take the lid off and cook for another 2 to 3 minutes until the chicken is fully cooked. Turn the heat off. Add cilantro.
3. Cook the Parathas: Heat a non-stick griddle pan. Remove the Kawan paratha from the plastic wrapping and place it on the griddle. Cook on medium-high heat for about 1 to 2 minutes on each side or until both sides are golden brown, pressing gently with a spatula.
4. Assemble Kathi Roll: Spread 2 teaspoons of chutney on the cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

NOTES

- Pat dry the chicken to remove any excess moisture before making pieces and marinating it. This will prevent the marinated chicken from becoming diluted and watery.
- [Please visit the recipe on the blog for additional notes](#)