



*ministry  
of curry*

WEEK OF:  
06/28-07/02

Tip:  
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# Menu

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## MONDAY

Bhindi Masala

## TUESDAY

Blackened Fish Tacos with Pineapple Salsa

## WEDNESDAY

Instant Pot Shrimp Biryani - GF

## THURSDAY

Uttapam - VG, GF

## FRIDAY

Pasta with Tomato Cream Sauce - VG

### 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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- 8 oz heavy cream
- 2 oz grated parmesan cheese
- 4 oz yogurt
- 1 pound halibut fillet

## FROZEN

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- 16 oz extra large Shrimp 20

## PANTRY

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- 8 oz urad dal
- 24 oz idli rice
- 4 oz poha
- 1 pound pasta
- 16 oz marinara sauce
- 16 oz low sodium vegetable broth
- 10 flour tortillas
- 16 oz long grain basmati rice

## PRODUCE

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- 1 pound okra
- 2 yellow onions
- 2 inch ginger
- 2 red onions
- 2 garlic bulbs
- 4 green chilies
- 4 tomatoes
- 1 large bunch cilantro
- 1 small bunch basil
- 1 small pineapple
- 1 red pepper
- 1 lime
- 2 jalapenos
- 1 avocado
- 1 russet potato

## SPICES

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- cumin seeds
- ground turmeric
- Kashmiri red chili powder
- garam masala**
- ground coriander
- fenugreek seeds
- garlic powder
- red chili flakes
- smoked paprika
- bay leaves
- onion powder
- dried thyme
- cayenne pepper
- dried oregano
- black peppercorns

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: BHINDI MASALA



## INGREDIENTS

- 1 pound okra
- 3 tablespoons oil
- 1 teaspoon cumin seeds
- 1 large yellow onion sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic minced
- 1 tomato diced
- 1½ teaspoon kosher salt
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon ground coriander
- ¼ teaspoon garam masala
- ¼ cup cilantro finely chopped

PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

## INSTRUCTIONS

1. Rinse and completely dry okra with paper towels. Use a clean dry cutting board and knife, cut dried okra into diagonally sliced pieces, discarding the top and the bottom. If you notice the knife getting sticky, wipe it clean with paper towels.
2. Heat half of the oil in a medium nonstick pan. Add okra and saute uncovered for 8 to 10 minutes stirring a few times, until the okra is almost cooked but still has a slight crunch to it. Do not over-stir. Take the okra out and reserve. In the same pan add the remaining oil.
3. Add cumin seeds and allow them to sizzle. Add sliced onion and cook for 4 to 5 minutes, stirring frequently.
4. Add ginger, garlic, tomatoes and mix well. Add salt, turmeric, red chili powder, ground coriander, and garam masala mix well. Cook for 2 minutes or just until the onions start to soften a bit.
5. Add the reserved okra and cook uncovered for 2 to 3 minutes, or until the okra is cooked to your desired consistency.

## NOTES

- Do not over-stir the okra. If the okra looks slimy, add 1 teaspoon of lemon juice and toss gently.

# Tuesday: BLACKENED FISH TACOS WITH PINEAPPLE SALSA



PREP TIME: 20 MIN  
COOK TIME: 10 MIN  
TOTAL TIME: 30 MIN  
SERVES: 4

## INGREDIENTS

- 1 pound white fish fillet halibut, mahi-mahi, cod, tilapia
- 10 flour tortillas use corn tortillas for gluten-free option

### Spices:

- 1½ tablespoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper

### Pineapple salsa

- 1 cup pineapple fresh pineapple works best
- ½ cup red pepper finely diced
- ¼ cup red onion finely diced
- ¼ cup cilantro chopped
- ½ jalapeno finely diced
- ¼ lime
- ½ teaspoon kosher salt

### Avocado Cilantro Sauce

- 1 avocado
- ⅓ cup yogurt
- 1 cup cilantro leaves and stems
- 2 garlic cloves
- 1 jalapeno use only half for less spice sauce
- 1 teaspoon kosher salt
- ¼ lime

## INSTRUCTIONS

1. In a wide bowl mix all of the dry spices for the spice blend and keep aside.
2. Cut the fish fillet into 4 pieces and then coat each piece with the seasoning, pressing & turning the fish gently in the spice bowl to coat all the sides.
3. Heat a cast-iron skillet or a nonstick pan over medium heat. Add oil and once it's heated, place the seasoned fish pieces on the pan. Depending on the thickness of the fish you can turn the fish in 2 to 4 minutes and cook on the other side for 2 to 4 minutes. Take the fish out and gently break it with a fork.
4. In a medium bowl mix pineapple, red pepper, jalapeños, and onion. Add cilantro, salt & squeeze fresh lime juice. Mix well.
5. To make the avocado cilantro sauce, add cilantro, avocado, yogurt, garlic, jalapeno & salt to the food processor. Squeeze lime juice. Blend until smooth.
6. To warm the tortillas you can cook them directly over medium flame until it gets a few charred marks. Use stainless steel pair of tongs to turn them over after 30 to 40 seconds.
7. To assemble the tacos, place a few spoonfuls of fish in the center of the tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.
8. Any leftover fish, salsa, or sauce can be refrigerated for up to 2 days.

## NOTES

- For more notes please visit the blog post

# Wednesday: INSTANT POT SHRIMP BIRYANI



## 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: 20 MIN

TOTAL TIME: 40

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: UTTAPAM



## INGREDIENTS

- 4 cups Idli Batter
  - ¼ cup water
  - 1 teaspoon kosher salt
- Toppings:
- 1 medium red onion finely diced
  - 2 tomatoes finely diced
  - 2 to 4 green chilies finely diced
  - ½ cup cilantro finely chopped
  - ¼ cup ghee use oil as a vegan substitute

PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 4

## INSTRUCTIONS

1. Add salt & water to the idli batter to make pancake-batter-like consistency. Heat a nonstick pan on medium heat and apply a little bit of ghee or oil.
2. Spread about 2 ladles full of batter (about ½ cup) to form a 6-inch pancake. You can make the pancake thick or thin. Then spread 1 tablespoon of onion, tomato, ¼ teaspoon green chili, and ½ tablespoon of cilantro on the uttapam. You will start seeing air bubbles form in the middle and the sides will start to turn golden brown. The top batter will also start to look dry/cooked.
3. Carefully pick up the uttapam, going in from the sides and reaching the middle with a thin silicone spatula and flip it over. Allow the top side to cook for 1 to 2 minutes as the onions start to caramelize. Take the uttapam out and serve with the topping side up with coconut chutney or cilantro mint chutney and sambar. Repeat with the remaining batter.

## NOTES

- Bite-Sized Uttapam to serve as a snack, appetizer, movie night or game night snack:
- To make bite-sized uttapam, fill the batter in the reusable mustard or ketchup squeeze bottle and make small 1-inch round uttapam on the pan. Add the toppings and gently flip them with a small spoon or silicone spatula. Press them gently and allow to cook for a minute. Serve with coconut chutney, cilantro mint chutney or give it a fancy twist by serving it with my famous makhani sauce

# Friday: PASTA WITH TOMATO CREAM SAUCE



## INGREDIENTS

- 1 pound uncooked Penne Rigate ( ~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- ½ teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- ¼ cup basil or parsley chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MINS

SERVES: 4

## INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Manual / Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

## NOTES

- We are using a full box of pasta in this recipe.
- Using penne pasta in this recipe, which has a stove cook time of 10 minutes. To adjust for Instant Pot cook time - Divide the cooking time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
- Always have enough water or broth to cover most of the pasta underwater. Depending on the shape of pasta you may need more or less liquids.