



ministry of curry

WEEK OF:
06/28 - 07/02

Tip:
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Menu

MONDAY

Bhindi Masala

TUESDAY

Turmeric Roasted Cauliflower Tacos

WEDNESDAY

Instant Pot Chickpea Biryani - GF




THURSDAY

Uttapam - VG, GF

FRIDAY

Pasta with Tomato Cream Sauce - VG

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

- 8 oz heavy cream
- 2 oz grated parmesan cheese

PANTRY

- 8 oz dry chickpeas
- 8 oz long grain basmati rice
- 1 pound pasta
- 16 oz marinara sauce
- 4 oz mayo
- 16 oz low sodium vegetable broth
- 2 canned chipotle peppers
- 10 small corn tortillas
- 8 oz urad dal
- 24 oz idli rice
- 4 oz poha

PRODUCE

- 1 pound okra
- 2 yellow onions
- 2 inch ginger
- 1 garlic bulb
- 3 tomatoes
- 1 large bunch cilantro
- 1 small bunch mint
- 1 small bunch basil
- 1 cauliflower
- 2 limes
- 1 small red cabbage
- 1 small green cabbage
- 2 carrots
- 1 avocado
- 2 red onions
- 6 green chilies

SPICES

- cumin seeds
- ground turmeric
- Kashmiri red chili powder
- garam masala
- ground coriander
- garlic powder
- red chili flakes
- fenugreek 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: 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: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN
COOK TIME: 20 MIN
TOTAL TIME: 40 MIN
SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1-inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble

- 10 small corn tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1-inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment-lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. I have 2 favorite sauce recipes that like to serve with these tacos.

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs [thechutneylife](#)
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stovetop method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- Please visit the recipe on the blog for more notes.

Wednesday: INSTANT POT CHICKPEA BIRYANI



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50

SERVES: 5

INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
 - 3 tablespoons ghee divided
 - 1 large yellow onion thinly sliced
 - 1 teaspoon ginger grated
 - 1 teaspoon garlic grated
 - 2 green chilies slit into half (optional)
 - ¼ teaspoon ground turmeric
 - 1 teaspoon Kashmiri red chili powder or any mild red chili powder
 - 1½ cups water to pressure cook chickpeas
 - 1 teaspoon kosher salt
 - 1 teaspoon garam masala
- Rice
- 2 cups long grain basmati rice
 - 2 teaspoons kosher salt
 - 2 cups water
 - ½ cup mint leaves chopped
 - ½ cup cilantro chopped + ¼ cup for garnish

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat half of the ghee.
2. Add onions and saute for 10 minutes, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 minutes and keep aside.
4. Add remaining ghee to the Instant Pot with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chilies, turmeric, red chili powder, garam masala, salt, and water. Mix well.
5. Close the Instant pot and turn the pressure valve to sealing. Pressure Cook for 20 minutes followed by a quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, salt, and water. Make sure all the rice is under the water. Close the Instant Pot lid with the pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with cucumber raita and lime wedges.

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.