



*ministry
of curry*

WEEK OF:
06/21 - 06/25

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Menu

MONDAY

Mushroom Masala - VG, GF

TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas - VG

WEDNESDAY

Quinoa Idli - V, GF

THURSDAY

Misir Wot - VG, GF

FRIDAY

Paneer Kathi Roll

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 4 oz plain yogurt 16 oz paneer

FROZEN

- 8 kewan parathas 2 oz unsweetened coconut frozen

PANTRY

- 4 oz red lentils 10 corn tortillas 8 oz fire roasted tomatoes
 15 oz canned black beans 2 oz tomato paste 24 oz low sodium chicken broth
 24 oz long grain Basmati rice 16 oz elbow macaroni 1 can unsweetened full fat coconut milk
 32 oz low sodium vegetable broth

PRODUCE

- 4 plum tomatoes 1 green chili 3 garlic bulbs
 4 curry leaves 4 oz baby spinach 1 jalapeno
 1 bunch cilantro 1 avocado 1 lime
 4 large yellow onions 3 inch ginger root 1 carrot
 8 oz green beans 8 oz white mushrooms 1 red pepper
 1 bunch fresh mint 1 bunch cilantro 1 red pepper
 2 jalapeños

SPICES

- ground turmeric Kashmiri red chili powder dried fenugreek leaves
 garam masala fenugreek seeds berbere spice blend
 cumin 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: 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: MISIR WOT



INGREDIENTS

- 1 cup split red lentils
- 2 tablespoons olive oil or ghee
- 1 medium red onion diced
- 1 teaspoon fresh ginger grated
- 4 cloves garlic minced
- 1 to 3 tablespoons berbere spice blend
- 1 teaspoon salt
- 2 to 3 cups water divided
- 2 tablespoons cilantro chopped (optional)
- ½ lime

PREP TIME: 5 MIN

COOK TIME: 30 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Saute mode. After the 'hot' sign displays, add oil and onions. Mix well. Cook covered with a glass lid for 2 minutes.
2. Add ginger and garlic. Mix well and cook for 30 seconds.
3. Add red lentils, berbere spice blend, and salt. Add 2 cups of water and mix everything together.
4. Close Instant Pot lid with pressure valve to sealing. Cook on Manual(Hi) for 15 mins followed by natural pressure release.
5. Open Instant Pot, Stir everything. Add more water to bring the stew to desired consistency. Mix well.
6. Garnish with chopped cilantro and squeeze fresh lime juice on top before serving with steamed rice or bread.

Friday: PANEER KATHI ROLLS



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INGREDIENTS

- 2 cups paneer cut into 1 inch cubes
- 1 small red pepper thinly sliced
- 1 small green pepper thinly sliced
- 1 medium red onion thinly sliced

Marinade Ingredients:

- 1/4 cup plain yogurt
- 1 teaspoon ginger grated
- 1 teaspoon garlic pressed
- 1 teaspoon Kashmiri red chili powder add 2 teaspoons for spicy
- 1 teaspoon garam masala
- 1/4 teaspoon ground turmeric
- 1 tablespoon kasoori methi
- 1 teaspoon kosher salt

To Serve:

- 6 to 8 kewan parathas ** cook per package instructions
- 1 medium yellow onion thinly sliced
- 1/2 cup cilantro chopped

Mint Cilantro Chutney

- 1/2 cup cilantro
- 1/4 cup mint leaves
- 2 tablespoons unsweetened coconut frozen or dry
- 1 garlic clove
- 1/2 teaspoon cumin seeds
- 1 to 2 small green chiles
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- 1 teaspoon sugar

INSTRUCTIONS

1. Marinate the paneer- Mix all the marinade ingredients in a bowl. Add paneer and mix well.
2. Make the filling- Heat 2 tablespoons of oil in a pan. Add onions, peppers and 1/2 teaspoon of salt and cook for 3 to 4 minutes. Add marinated paneer and mix well. Cook for another 3 to 4 minutes. Turn the heat off. Add cilantro.
3. Chutney - Blend all the chutney ingredients using 2 tablespoons of water to make a smooth sauce. Note: Add more water as needed, little at a time.
4. Cook the Parathas- Heat a non-stick griddle pan. Remove the kewan paratha from the plastic wrapping and place on the griddle. Cook on medium-high heat for about 1 to 1-1/2 minutes on each side or until both sides are golden brown, pressing gently with a spatula. Enjoy hot!
5. Assemble Kathi Roll- Spread 2 teaspoons of chutney on the cooked paratha. Add 2 to 3 spoonfuls of the filling in the middle. Add a few sliced onions and cilantro on top. roll the sides up to the middle. You can use small toothpicks to hold them together.

NOTES

- The nutrition info does not include the calories and carb count for the parathas. For Low Carb option substitute Kewan Parathas with low carb tortillas. Misson brand makes many varieties of soft low carb tortillas and are available in most US grocery stores