



*ministry
of curry*

WEEK OF:
07/19 - 07/23

Tip:
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Menu

MONDAY

Instant Pot Spinach Dal and Rice - GF, LC

TUESDAY

Chicken Shawarma - GF

WEDNESDAY

Spicy Salmon Burgers - GF, LC

THURSDAY

Instant Pot Easy Chana Masala - VG, V

FRIDAY

Vegetable Hakka Noodles - 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

BAKERY

- pita bread 4 Brioche Buns

PROTEIN & DAIRY

- 8 oz Greek-style plain yogurt 1 lb salmon skinless & boneless 2 lbs chicken thighs boneless skinless

PANTRY

- 4 oz masoor dal 8 oz basmati rice 8 oz dried chickpeas
 2 oz low sodium soy sauce 2 oz white vinegar 300 grams Chings hakka noodles
 2 oz chili garlic sauce 4 oz bread crumbs 4 oz mayonnaise
 2 oz sriracha

PRODUCE

- 2 inch ginger root 2 garlic bulbs 4 curry leaves
 6 tomatoes 4 oz baby spinach 2 yellow onions
 3 red onions 1 small bunch scallions 1 bunch cilantro
 1 small bunch fresh dill 2 bunches romaine lettuce 4 oz baby arugula
 1 small green cabbage 1 small purple cabbage 1 red pepper
 1 green pepper 1 green chili 1 jalapeno
 2 carrots 2 lemons 4 Persian cucumbers

SPICES

- cumin seeds ground turmeric ground coriander
 garam masala Kashmiri red chili powder paprika
 cayenne pepper ground cumin ground cinnamon
 ground cardamom ground cloves

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: INSTANT POT SPINACH DAL AND RICE

INGREDIENTS

- 1 tablespoon ghee
- ½ teaspoon cumin seeds
- ⅛ teaspoon ground turmeric
- 1 green chili chopped
- 1 tablespoon garlic minced
- 4 curry leaves optional
- 1 tomato diced
- 1 teaspoon kosher salt
- 2 cups water
- ½ cup red lentils
- 4 ounces baby spinach

Pot in Pot Rice

- 1 cup basmati rice
- 1 teaspoon kosher salt
- 1½ cups water



PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 4

INSTRUCTIONS

1. Add ghee, cumin, turmeric, green chili, garlic, curry leaves, tomatoes, lentils, salt and water. Give a quick stir.
2. Place the tall trivet inside the pot. Add rice, salt, and water to the stainless steel pot and place it over the trivet.
3. Close the Instant Pot with pressure valve to sealing. Select Pressure Cook(Hi) and adjust the cook time to 5 minutes. Allow 5 minutes of natural pressure release and then release the remaining pressure manually. Open the Instant Pot and carefully take out the rice bowl and the trivet.
4. Mix the lentils with a spatula. Add more water, to bring the lentils to desired consistency. Dal will thicken as it cools. Add chopped spinach and mix well. Cook on Sauté mode until the daal comes to a gentle boil.
5. Enjoy hot with **steamed basmati rice**.

NOTES

- Substitute masoor daal with moong daal or toor daal.
- You can also make daal without pot in pot rice.

Tuesday: CHICKEN SHAWARMA



PREP TIME: 30 MIN

COOK TIME: 15 MIN

MARINATE TIME: 6 HRS

TOTAL TIME: 6 HRS 45 MIN

SERVES: 6

INSTRUCTIONS

1. In a large bowl mix together salt, garlic, paprika, cayenne pepper, ground cumin, ground coriander, ground cinnamon, ground cardamom, ground cloves, ground black pepper, lemon juice, and oil
2. Add chicken and coat well. Allow to marinate for 2 hours or overnight.
3. Preheat the Air Fryer at 400 F. Line the chicken in a single layer. Spread sliced onions on top. Air Fryer at 380 F for 10 minutes. Turn over and cook for another 2 to 5 minutes. Note: My air fryer basket fits 4 to 5 chicken thighs at a time without overcrowding. I usually air fry chicken in 2 batches.
4. Allow the chicken to rest for 2 minutes before cutting into thin strips.

Tzatziki

1. Stir together the yogurt, cucumber, garlic, lemon juice, and dill in a medium bowl. Season with salt and pepper.

Bread

1. Warm up the pita breads, flatbreads or parathas

Serving

1. Here is the classic way to serve shawarma - spread Tzatziki on the warm bread, top it with your favorite veggies, lettuce, and tomato are a must for me. Then layer over the sliced chicken. Roll up and enjoy.
2. You can also serve them as Pita pockets. Bake the pita bread in the toaster oven until it fluffs up. Allow it to cool for a minute and then cut into half. Carefully open up each half and spread Tzatziki inside. Add lettuce, tomatoes, and top with chicken.
3. For a low-carb meal, serve the shawarma meat on a pile of crispy lettuce, tomatoes, cucumbers, and drizzle with creamy yogurt Tzatziki.

NOTES

- Find more notes on the blog post

INGREDIENTS

- 2 lbs chicken thighs boneless skinless
- 2 teaspoons kosher salt
- 1 tablespoon garlic paste
- 2 teaspoon paprika
- ½ teaspoon cayenne pepper
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves
- ½ teaspoon ground black pepper
- 2 tablespoon lemon juice
- 2 tablespoons oil

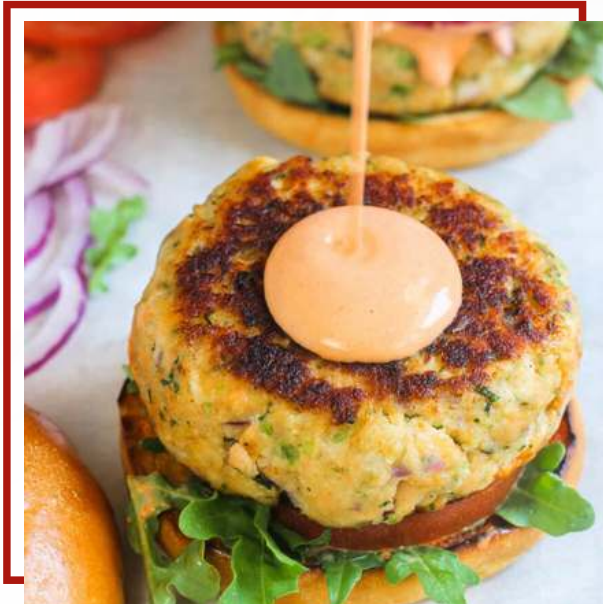
Dill Tzatziki sauce

- 1 cup Greek-style plain yogurt
- 2 Persian cucumber peeled, grated (squeeze excess moisture out)
- 1 clove garlic minced
- 1 tablespoon lemon juice freshly squeezed
- 2 tablespoons fresh dill finely chopped
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Serving

- pita bread or parathas
- 2 cups Romaine lettuce
- 2 tomatoes diced
- 2 Persian cucumbers peeled and cubed
- ½ cup red onion thinly sliced

Wednesday: SPICY SALMON BURGERS



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS

- 1 jalapeno chopped deseed for less spicy burgers
 - 1 small red onion chopped
 - ½ cup cilantro chopped
 - 1 teaspoon ginger grated
 - 1 teaspoon garlic minced
 - 1 LB salmon skinless & boneless cut into 2 inch pieces
 - 1 teaspoon salt
 - ½ cup bread crumbs
 - 1 tablespoon oil for cooking
- To Serve
- 4 Brioche Buns or any burger buns of your choice
 - ½ tablespoon olive oil
 - 1 cup arugula
 - 1 tomato sliced sliced
 - 1 red onion sliced
 - ¼ cup mayo
 - 1 tablespoon sriracha

INSTRUCTIONS

1. Secure the "S" blade inside the food processor. Add jalapeño, onion, cilantro, ginger, and garlic. Pulse 4 to 5 times.
2. Add salmon and salt. Pulse 8 to 10 times or until the salmon is rough chopped. Add bread crumbs and pulse 3 to 4 times or just until they are combined with the rest of the ingredients. If the salmon is already over-processed from the earlier step you can also mix in breadcrumbs with a small spatula.
3. Carefully remove the S blade. Flatten the mixture and divide into 4 equal parts. Carefully pick up the mixture from one part and shape it into a patty on the palm of your hands. Repeat with the remaining mixture. If you like smaller burgers you can make 6 patties instead of 4.

3 Cooking Options

1. Stovetop - Heat oil in a wide nonstick pan. Spread evenly and then place patties without overcrowding. You can cook them in 2 batches. Cook for 3 to 4 mins on each side
2. Bake - Place the patties on a parchment-lined baking tray. Brush with oil and bake in the oven at 425 degrees F for 15 minutes, turning halfway.
3. Grill - cook them on an outdoor grill over a grilling mat

To Serve:

1. Whisk together mayo and sriracha.
2. Brush the buns with olive oil and lightly toast them on a stovetop griddle or outdoor grill.
3. Place arugula on the bottom bun. Place the salmon burger on top, place onion and tomato slices. Pour over a spoonful of sriracha mayo. Put the top of the bun over and enjoy!
4. To serve Low Carb: Skip the bun altogether and serve over a bed of arugula, topped with onion, tomatoes, and sriracha mayo, or serve the burger wrapped in lettuce leaves.

NOTES

- [Find more notes on the blog post](#)

Thursday: INSTANT POT EASY CHANA MASALA



INGREDIENTS

- 1 cup dried chickpeas rinsed
- 3½ cups water
- 2 tablespoons ghee
- 1 teaspoon cumin seeds
- 1 yellow onion finely diced
- 1 teaspoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon ground coriander
- 2 teaspoons kosher salt
- 1 to 2 teaspoons Kashmiri red chili powder
- ¼ teaspoon ground turmeric
- 2 plum tomatoes finely diced or 1 cup canned tomatoes with juice
- ¼ teaspoon garam masala
- ½ cup cilantro chopped

PREP TIME: 10 MIN

COOK TIME: 1 HR

SOAK TIME: 4 HR

TOTAL TIME: 5 HR 10 MIN

SERVES: 4

INSTRUCTIONS

1. In a bowl, combine the chickpeas and 2 cups of warm water and let soak for at least 4 hours or up to overnight. Drain the chickpeas and set them aside.
2. Select the high saute setting on the Instant Pot and heat the ghee. Add the cumin seeds directly to the hot oil and cook until they start to sizzle, about 1 minute. Add the onion and cook, stirring occasionally, until translucent, about 5 minutes. Cover the pot with a glass lid to speed up the process. Add the ginger and garlic and saute until aromatic, about 1 minute. Add the coriander, salt, chili powder, turmeric, and chickpeas; pour in the 1.5 cups water, and stir well with a wooden spoon nudging loose any browned bits from the pot bottom.
3. Secure the lid and set the pressure release to sealing. Press the Cancel button to reset the cooking program, then select pressure cook/manual(hi) and set the cooking time to 35 minutes.
4. Allow natural pressure release. Open the Instant Pot and stir in the tomatoes and garam masala. Select the high saute setting and cook until the tomatoes soften about 5 minutes. Garnish with cilantro
5. Serve with hot [parathas](#) or [puri](#). For gluten-free options serve with [jeera rice](#) or [steamed rice](#).

NOTES

- Vegan Variation: Substitute oil for the ghee.

Notes:

- Use 1 teaspoon Kashmiri red chili powder for a milder curry, or 2 teaspoons for a spicier curry.
- Organic or older beans may need an extra 5 to 10 minutes of cooking time.

Friday: VEGETABLE HAKKA NOODLES



INGREDIENTS

- 6 cups noodles Chings hakka noodles (300 grams)
- 3 tablespoons oil
- 1 small yellow onion thinly sliced
- 8 garlic cloves minced
- 1 cup green cabbage finely chopped
- 1 cup purple cabbage finely chopped
- ½ cup red peppers thinly sliced
- ½ cup green peppers thinly sliced
- 1 cup carrots julienned
- 1 tablespoon white vinegar or rice vinegar
- 2 tablespoons low sodium soy sauce
- 1 tablespoon chili sauce schezwan chutney, chili garlic sauce or sriracha sauce
- ½ cup green scallions finely chopped

PREP TIME: 15 MIN

COOK TIME: 10 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. In a large pot bring 8 cups of water to boil. Add a teaspoon of oil and cook the noodles according to the instructions on the package. Pour the noodles into a large colander and drain out the water. Run cold water over it so the noodles don't overcook. Once all the water is drained out, spread the noodles in a large tray, pour 1 teaspoon of oil, mix in and keep aside
2. Heat remaining oil in a large pan or wok. Add garlic and onions, saute for 2 minutes. Add peppers, carrots, and cabbage. Stir well and cook for 2-3 mins or just until the veggies are partially cooked.
Note: Do not overcook as you want the veggies to stay crunchy
3. Add vinegar, soy sauce, chili sauce, and mix well. Add the cooked noodles and mix well using a pair of tongs. Cook on high heat until the noodles are heated through really well, about 5 to 7 minutes. Turn the heat off and garnish with scallions. Enjoy hot!

NOTES

- I used the saute (high) mode on the Instant Pot to boil the water and then cooked the noodles in it.
- If you use the Chings Hakka noodles, break them in half, and then use pair of tongs to separate them as they start to cook and soften