



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

Paneer Kathi Roll - GF

WEDNESDAY

Spicy Tofu Lettuce Wraps - GF, LC




THURSDAY

Instant Pot Easy Chana Masala - VG, V

FRIDAY

Vegetable Hakka Noodles - 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

- 2 oz plain yogurt
- 8 oz plain greek yogurt
- 16 oz paneer
- 14 ounces extra firm tofu

FROZEN

- 8 kewan parathas
- 2 oz frozen unsweetened coconut

PANTRY

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

PRODUCE

- 2 plum tomatoes
- 3 garlic bulbs
- 3 inch ginger root
- 4 curry leaves
- 4 oz baby spinach
- 4 yellow onions
- 1 red onion
- 1 small green cabbage
- 1 small purple cabbage
- 3 carrots
- 2 red peppers
- 2 green peppers
- 1 bunch scallions
- 2 bunches cilantro
- 1 small bunch mint
- 3 green chiles
- 1 lemon
- 1 lime
- 3 Persian cucumbers
- 1 head Boston lettuce
- 1 lime

SPICES

- cumin seeds
- ground cumin
- ground turmeric
- garam masala
- ground coriander
- Kashmiri red chili powder
- dried fenugreek leaves
- Shan Keema seasoning mix

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: 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:
- ¼ 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
 - ¼ 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
- ½ cup cilantro chopped

Mint Cilantro Chutney

- ½ cup cilantro
- ¼ cup mint leaves
- 2 tablespoons unsweetened coconut frozen or dry
- 1 garlic clove
- ½ 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 ½ 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 1½ 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

Wednesday: SPICY TOFU LETTUCE WRAPS



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INGREDIENTS

- 2 tablespoons oil
- 1 medium yellow onion finely diced
- ½ tablespoon ginger grated
- ½ tablespoon garlic minced
- 1 plum tomato diced
- 2 to 3 tablespoons Shan Keema seasoning mix**
- 1 teaspoon kosher salt
- 14 ounces extra firm tofu
- ½ cup cilantro chopped

Cucumber Raita:

- 1 cup plain greek yogurt
- 2 to 3 Persian cucumbers
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- 1 tablespoon cilantro finely chopped

To Serve:

- 1 head Boston lettuce or iceberg lettuce rinsed and pat dried
- 1 cup red cabbage thinly sliced
- 1 cup carrots thinly sliced
- ½ cup cilantro chopped
- 1 lime cut into wedges

INSTRUCTIONS

1. Heat oil in a medium pan. Add onions and cook for 4 to 5 minutes on medium-high heat stirring frequently. Place a lid on the pan to speed up cooking. Add ginger and garlic cook for a minute. Add tomatoes and mix well. Cook for 2 to 3 minutes or until tomatoes become soft. Add 2 tablespoons of Shan spice mix. Tip - You can add more spice seasoning in the end after mixing in the tofu for a spicier keema. Lower the heat.
2. Stir in tofu and break it in with a spatula so that its ground and crumbly. Add salt and cook for 1 to 2 minutes. Turn the heat off. Garnish with cilantro.
3. To make the raita, whisk yogurt in a medium bowl. Peel and grate the cucumber. Add grated cucumber to the yogurt. Sprinkle salt and cumin. Mix well. Garnish with cilantro, keep chilled in the refrigerator until ready to be served.

To serve:

1. Cut the bottom stem of the lettuce so the leaves can be easily separated. If using iceberg lettuce, it is ok if each leaf gets broken into 3 to 4 pieces. Just layer 2 to 3 over each other to form a cup. Add 2 to 3 spoons of tofu keema on the lettuce cups. Garnish with purple cabbage, carrots, and cilantro. Add a squeeze of lime. Add a spoonful of raita and serve.

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