



ministry of curry

WEEK OF:
08/16 - 08/20

Tip:
You can
click on
orange font



Menu

MONDAY

Spicy Misal Pav Recipes - VG, V

TUESDAY

Instant Pot Spicy Taco Pasta

WEDNESDAY

Tandoori Chicken - GF, LC

THURSDAY

Instant Pot Creamy Tomato Bisque - GF, LC

FRIDAY

Thai Basil Fried Rice - GF, V

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

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 oz heavy cream | <input type="checkbox"/> 4 oz cheddar cheese | <input type="checkbox"/> 4 oz pepper jack cheese |
| <input type="checkbox"/> 4 oz plain yogurt | <input type="checkbox"/> 14 oz extra firm tofu | <input type="checkbox"/> 1 pound ground chicken |
| <input type="checkbox"/> 10 chicken drumsticks | <input type="checkbox"/> 20 oz sprouted moth beans | |

PANTRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 12 soft buns | <input type="checkbox"/> 8 oz sev farsan | <input type="checkbox"/> 1 oz dry shredded coconut unsweetened |
| <input type="checkbox"/> 2 cups jasmine rice | <input type="checkbox"/> 2 oz soy sauce | <input type="checkbox"/> 12 oz low sodium vegetable broth |
| <input type="checkbox"/> 2 oz hoisin sauce | <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 32 oz low sodium chicken broth |
| <input type="checkbox"/> 1 pound pasta shells | <input type="checkbox"/> 20 oz salsa | |

PRODUCE

- | | | |
|--|--|--|
| <input type="checkbox"/> 2 green chilies | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 10 curry leaves | <input type="checkbox"/> 4 yellow onion | <input type="checkbox"/> 1 red onion |
| <input type="checkbox"/> 2 celery sticks | <input type="checkbox"/> 2 carrots | <input type="checkbox"/> 1 small bunch oregano |
| <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 1 small bunch basil | <input type="checkbox"/> 1 bunch Thai basil |
| <input type="checkbox"/> 7 tomatoes | <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 red bell pepper |
| <input type="checkbox"/> 1 yellow bell pepper | <input type="checkbox"/> 1 jalapeño | <input type="checkbox"/> 2 lemons |

SPICES

- | | | |
|--|--|---|
| <input type="checkbox"/> black mustard seeds | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground coriander |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> ground cumin | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> taco 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: SPICY MISAL PAV RECIPES



PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 6

INGREDIENTS

- 2½ cups sprouted moth beans
- 1 tomato quartered
- 2 green chilies
- 1½ inch ginger rough chopped
- 6 garlic cloves
- 1 tablespoon dry shredded coconut unsweetened
- 2 to 4 tablespoon oil
- 1 teaspoon black mustard seeds
- ¼ teaspoon asafetida hing optional
- 10 curry leaves
- 1 medium yellow onion finely diced
- 1 tablespoon Kashmiri red chili powder
- 2 tablespoons Mom's Garam Masala see notes
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 3 teaspoons kosher salt
- 3 cups water
- ½ cup cilantro chopped

To Serve Misal Pav

- 12 Soft Buns
- 2 tablespoon ghee or butter
- 1 to 2 cups sev farsan
- 1 cup red onion diced
- 6 lemon wedges

INSTRUCTIONS

1. Blend tomato, chilies, ginger, garlic, and coconut in a blender to make a smooth paste.
2. Set the Instant Pot to saute mode and heat oil. Add mustard seeds and allow them to pop. This may take 2 to 3 minutes. Add hing, turmeric, curry leaves, ¼ cup cilantro, and onions. Saute until the onions start to turn translucent, it may take around 3 to 4 minutes. Cook covered to speed up the process.
3. Add the spice paste and saute for another minute. Add red chili powder, ground coriander, garam masala, ground cumin, and salt. Mix well. Add sprouted beans and mix well. Add water and give a quick stir. Secure the Instant Pot with the pressure valve to sealing. Pressure Cook (Hi) for 5 minutes followed by 10-minute natural pressure release.
4. Release the remaining pressure by turning the pressure release valve to venting. Open the lid and give a quick stir. Garnish with remaining cilantro.

To Serve Misal Pav:

- Heat a nonstick griddle or pan. Lightly spread butter or ghee on each half of the bun/pav and place on the griddle. Cook until they are hot to touch. Serve hot pav alongside the misal topped with farsan, red onions, and cilantro. You can also serve the toppings on the side so that the farsan stays crunchy. I also like to serve plain yogurt on the side along with lemon wedges.

NOTES

Notes and pro-tips on the blog

Tuesday: INSTANT POT SPICY TACO PASTA



INGREDIENTS

- 2 tablespoon cooking oil
- 1 large onion diced
- 1 to 2 jalapeños diced
- 1 pound ground chicken
- 1 pound pasta we used pasta shells
- 2 tablespoon taco seasoning mix, we love trader joe's
- 2.5 cup salsa
- 4 cups low sodium chicken broth
- ½ cup cilantro chopped
- ½ cup cheddar cheese grated
- ½ cup pepper jack cheese grated

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 7

INSTRUCTIONS

1. Turn the Instant Pot to sauté mode and heat oil. Add onions and jalapeños. Sauté for 2-3 mins.
2. Add ground chicken. Break chicken with the spatula. Add taco seasoning and mix everything together.
3. Add salsa, chicken broth, and pasta. Mix well and with the spatula push the pasta under the liquids. Make sure most of the pasta is under liquids for the pasta to cook well.
4. Close Instant Pot with pressure valve to sealing. Pressure cook for 3 mins. Note: Cook time for the pasta shells we used was 7 minutes.
5. Quick release and open Instant Pot. Stir in the cheeses and garnish with cilantro.

NOTES

Here are my tips for a perfectly cooked Instant Pot Spicy Taco Pasta:

- Add enough water/broth/sauce so that most of the pasta is under the liquids
- For well-cooked pasta, pressure cook pasta for half the time on the pasta box
- For Al dente pasta, pressure cook for half the time on the pasta box minus 1 minute
- Always add the cheese after the pasta is done pressure cooking
- Quick releasing after pressure cooking will avoid overcooking the pasta

Vegetarian Variation

- This versatile recipe is easy to make vegetarian:
- Substitute ground chicken with soy granules or a can of rinsed and drained black beans and a cup of frozen corn or diced mushrooms or zucchini
- Stir in diced red/green/yellow/mixed peppers after the pressure cooking cycle is complete

Wednesday: TANDOORI CHICKEN



INGREDIENTS

- 8-10 de-skinned chicken drumsticks
- ½ cup plain regular or low fat yogurt
- 1 tablespoon garlic paste
- 1 tablespoon ginger paste
- 1 tablespoon lemon juice
- 1-2 tablespoon kashmiri or any other mild red chili powder
- 1-2 teaspoon garam masala
- 1 tablespoon cooking oil
- 2 teaspoon salt

PREP TIME: 6 HRS

COOK TIME: 20 MIN

TOTAL TIME: 6 HRS 20 MIN

SERVES: 4

INSTRUCTIONS

1. Make 3-4 slits across each drumstick. Whisk together ginger-garlic, garam masala, red chili powder, yogurt, lemon juice, and salt to make the marinade. Apply evenly to the chicken pieces and let it marinate in the refrigerator for at least 5-6 hours or up to 24 hours.
2. Preheat the grill or oven at 450 F. Take the chicken out of the refrigerator 30 minutes prior to grilling. Baste the chicken with some cooking oil and arrange it on a grilling pan or on the outdoor grill.
3. You can grill it on an outdoor grill for 20 mins or until the juices run clear. Alternatively, bake it in an oven for 15 mins, followed by 5 minutes of broiling to get some perfectly grilled charred marks.
4. Serve with fresh lemon wedges and sliced onion.

Thursday: INSTANT POT CREAMY TOMATO BISQUE



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

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup onion diced
- ½ cup celery sliced
- 1 cup carrots peeled and sliced
- 3 garlic cloves peeled
- 1 tablespoon fresh oregano chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 6 tomatoes 2 pounds , quartered or 1 28 oz can of peeled tomatoes
- 1½ cup low sodium broth Note: I use the Better Than Bouillon Organic Vegetable Base
- 1½ teaspoon salt
- 1 tablespoon honey optional
- ¼ teaspoon black pepper or to taste
- ½ cup heavy cream

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add onion, celery, garlic, carrots, tomatoes, oregano, basil and parsley cook for a minute until fragrant.
2. Add broth and salt. Mix well. Close the Instant Pot with pressure valve to sealing.
3. Pressure Cook for 8 minutes. Followed by quick release or natural pressure release.
4. Open the Instant Pot, and carefully puree the soup using an immersion blender.
5. Set the Instant Pot to Saute mode. Stir in honey, cream and pepper. Ladle into bowls, sprinkle some cayenne pepper for an extra kick. Enjoy hot with crunchy croutons.

NOTES

1. Vegan variation: Substitute heavy cream with coconut cream, cashew cream, or corn slurry (2 tablespoons corn starch mixed in ¼ cup of water)
2. You can use dried herbs instead of fresh in this recipe. Just reduce the amount of herbs in half.

Friday: THAI BASIL FRIED RICE



PREP TIME: 20 MIN
TOTAL TIME: 20 MIN
SERVES: 4

INGREDIENTS

- 4 to 6 cups cooked jasmine rice you can also use brown rice
- 14 oz extra firm tofu baked or stir-fried
- 1 tablespoons oil
- 2 tablespoons garlic minced
- 1 tablespoon thai red chili sliced optional
- 1 large yellow onion sliced
- 1 medium red bell pepper sliced into 1 inch strips
- 1 teaspoon kosher salt
- 1 medium yellow bell pepper sliced into 1 inch strips
- 1 cup packed Thai basil leaves chop if the leaves are big
- 1 tablespoon soy sauce low sodium
- 1 tablespoon hoisin sauce or oyster sauce if you are not vegan
- 1 tablespoon chili garlic sauce
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INSTRUCTIONS

1. Heat oil in a large skillet or wok over medium heat. Add garlic and red chili and saute for 30 seconds or until fragrant.
2. Add onion, peppers, salt and cook for 4 to 5 minutes until the veggies are slightly tender. Next, add half of the Thai basil leaves and stir well. Stir in soy sauce, hoisin sauce, and chili garlic sauce.
3. Add the baked tofu and mix everything together. Turn the heat to high and fold in the cooked rice until all the veggies are mixed in.
4. Allow the rice to cook for 4 to 5 minutes or just until the bottom rice starts to brown and crisp up. Garnish with remaining basil leaves and enjoy hot!