



ministry of curry

WEEK OF:
08/23 - 08/27

Tip:
You can
click on
orange font



Menu

MONDAY

Green Bean Curry - V, GF

TUESDAY

Instant Pot Chicken Tinga Tacos

WEDNESDAY

Instant Pot Doro Wat - GF, LC

THURSDAY

Instant Pot Corn Poblano Chowder - GF, V

FRIDAY

Instant Pot Spinach Artichoke Mac and Cheese - 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

PROTEIN & DAIRY

- | | | |
|---|--|--|
| <input type="checkbox"/> 2 oz cream cheese | <input type="checkbox"/> 2 oz grated parmesan cheese | <input type="checkbox"/> 4 oz grated mozzarella cheese |
| <input type="checkbox"/> 2 pounds chicken breasts | <input type="checkbox"/> 4 eggs | <input type="checkbox"/> 2 pounds chicken drumsticks |

PANTRY

- | | | |
|---|---|--|
| <input type="checkbox"/> 10 oz can diced tomatoes | <input type="checkbox"/> 2 oz arrowroot flour | <input type="checkbox"/> 16 oz low sodium vegetable broth |
| <input type="checkbox"/> ½ lb macaroni shells | <input type="checkbox"/> 2 oz tomato paste | <input type="checkbox"/> 1 can chipotle peppers in adobo sauce |
| <input type="checkbox"/> 12 corn tortillas | <input type="checkbox"/> 12 oz bottled artichoke hearts | <input type="checkbox"/> 4 oz low sodium chicken broth |

PRODUCE

- | | | |
|--|--|---|
| <input type="checkbox"/> 1 pound green beans | <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 5 ears of fresh corn |
| <input type="checkbox"/> 1 poblano pepper | <input type="checkbox"/> 1 jalapeno | <input type="checkbox"/> 2 large russet potatooes |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 bunch parsley | <input type="checkbox"/> 6 oz baby spinach |
| <input type="checkbox"/> 2 large red onions | <input type="checkbox"/> 2 yellow onions | <input type="checkbox"/> 2 inch ginger |
| <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 3 tomatoes | <input type="checkbox"/> 4 small radishes |
| <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1 lime |

SPICES

- | | | |
|---|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> ground turmeric |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> allspice | <input type="checkbox"/> Berbere spice blend |

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: GREEN BEAN CURRY



INGREDIENTS

- 1½ tablespoons oil
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or a mild variety
- 2 teaspoon ground coriander
- 1½ teaspoons kosher salt
- 1 pound green beans trimmed & cut into 1-inch pieces, about 3 cups
- 1 medium potato peeled and cut into ½-inch cubes
- ¼ cup water
- ½ lemon
- ¼ cup cilantro finely chopped

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to saute mode and heat oil. Add cumin seeds and allow them to sizzle. Add turmeric and mix well. Add green beans, salt and mix well. Add water and mix well. Add potatoes, layer over red chili powder, coriander. Do not mix.
2. Pressure cook for 2 minutes followed by quick release. Open the Instant Pot and squeeze lemon juice. Mix well, garnish with cilantro and enjoy with hot rotis.

Tuesday: INSTANT POT CHICKEN TINGA TACOS



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INGREDIENTS

Sauce

- 1 can chipotle peppers in adobo
- 1 large tomato quartered
- 4 garlic cloves

Other Ingredients

- 2 tablespoons oil
- 1 large yellow onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- ½ cup low sodium chicken broth
- 2 teaspoons kosher salt
- 1 teaspoon cayenne pepper optional to taste

To serve:

- 12 corn tortillas
- ½ cup cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- ½ cup pepper jack cheese or cotija or queso fresco (optional)
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic, and half a can of chipotle peppers with adobo sauce and set aside. Tip: Double up all the ingredients here, so you can use the full 7 ounces can of Chipotle peppers in adobo, 2 tomatoes, and 8 garlic cloves. This will make a little over a cup of sauce. Use half and freeze half for later or add more sauce for extra heat in the end!
2. Turn the Instant Pot to Saute mode and heat oil. Add sliced onions and cook for a minute with a glass lid on. Add diced tomatoes, chicken breasts, broth, and salt. Pour the pureed sauce over the chicken breasts. Pressure Cook for 8 minutes.
3. Allow 10 minutes of natural pressure release. Open the Instant Pot, take the chicken out, and shred it using two forks. Put the shredded chicken back in the pot and turn the Instant Pot to Saute mode. Cook for 5 mins or until the sauce thickens to the desired consistency. Adjust salt and add cayenne pepper to taste.
4. To serve: Cook the corn tortilla directly over medium flame until it gets a few charred marks. Serve with cabbage, red onions, cilantro, avocado, cheese, and a squeeze of fresh lime.

NOTES

- To serve as a low carb option, serve the chicken tinga with all the toppings on a bed of chopped romaine lettuce instead of tortilla

Wednesday: INSTANT POT DORO WAT



INGREDIENTS

- 2 pounds chicken drumsticks 8 pieces, skin removed
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 2 tablespoons ghee
- 2 large red onions finely chopped
- 2 tablespoons ginger grated
- 2 tablespoons garlic pressed
- ½ cup Berbere spice blend
- 2 tablespoons tomato paste
- 4 hard-boiled eggs peeled and sliced into half

PREP TIME: 15 MIN

COOK TIME: 30 MIN

TOTAL TIME: 45 MIN

SERVES: 4

INSTRUCTIONS

1. Hard boil eggs. I use Instant Pot to hard boil the eggs but you can also hard boil them on the stovetop. Add 1 cup of water to the instant pot insert. Place eggs on the trivet and pressure cook for 5 minutes. Allow 5 minutes natural pressure release and then release the rest of the pressure and open the Instant Pot. Run cold water over the eggs or put them in an ice bath. This allows the eggs to stop overcooking. Peel and slice the eggs and keep aside
2. Add lemon juice and salt to chicken, mix well and keep aside
3. Set the Instant Pot on Saute (Hi) mode and heat ghee. Add onions and saute them for 5 minutes, stirring a few times. Place a lid on top to speed up the process
4. Add garlic and ginger and cook for a minute. Turn the Instant Pot off and add ½ cup of water and deglaze the pot using a wooden removing all the browning or stuck bits
5. Add the chicken, layer over berbere, and tomato paste. Do not mix
6. Close the Instant Pot with the pressure valve to sealing and adjust the cook time to 8 minutes. Allow natural pressure release for 10 minutes and then open the Instant Pot. Mix well. The stew may look a bit watery at this point, mix gently and simply allow it to cool down for 5 minutes and the stew will continue to thicken
7. Stir in hard-boiled eggs, garnish with chopped cilantro and enjoy hot

NOTES

- Don't have an Instant Pot? Here is how you can adapt this recipe to make on the stovetop:
 - Hard boil the eggs on the stovetop. Follow the recipe above but after adding chicken, Berbere, and tomato paste, mix everything with an additional 1 cup of water and cook covered on medium-low heat for 20 to 30 minutes or until the chicken is cooked through. Make sure to stir the chicken a few times and add more water if needed. In the end, taste and add more salt and berbere spice if needed. Add boiled eggs and garnish with cilantro.
- Note, Skinless chicken drumsticks can be substituted with:
 - a. bone-in or boneless thighs
 - b. whole bone-in chicken cut into pieces or chicken breasts
 - c. For boneless breasts or thighs that are cut into small 2-inch pieces, reduce the pressure cook time to 5 minutes

Thursday: INSTANT POT CORN POBLANO CHOWDER



INGREDIENTS

- 5 ears of fresh corn husked
- 1 tablespoon oil
- 1 poblano pepper diced
- 1 medium onion finely diced
- 1 jalapeno seeded and diced
- 1 large russet potato peeled and diced
- 1 can diced tomatoes 10 oz or 2 fresh red tomatoes, diced
- 2 teaspoon salt
- ¼ teaspoon allspice
- 2 tablespoons arrowroot flour or corn starch
- 1 cup water
- ¼ cup fresh parsley chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 6

INSTRUCTIONS

1. With a knife cut kernels from the corn. Keep aside.
2. Scrape the cobs again to get any remaining kernels and juices. Puree these with 1 cup of water and keep aside.
3. Turn Instant Pot to Saute mode and heat oil. Add poblano, onion and jalapeno. Mix well. Cook covered with glass lid for 4 to 5 minutes until the onions turn translucent.
4. Add potatoes, tomatoes, pureed corn, corn kernels, salt, and allspice. Add 1 cup of water. Mix well.
5. Close Instant Pot with the pressure valve to sealing. Pressure Cook for 5 minutes. Quick release or Natural release the pressure.
6. Using a stick blender, blend the soup for a few seconds. This step is optional.
7. Mix arrowroot powder or corn starch in water to make slurry. Stir it in the soup and turn Instant Pot to Saute mode. Bring the chowder to a gentle boil. Garnish with fresh parsley. Enjoy hot with a sprinkle of cayenne pepper for additional heat.
8. Note: You can also use celery, green or red peppers in this recipe.

Friday: INSTANT POT SPINACH ARTICHOKE MAC AND CHEESE



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion finely diced
- 5 garlic cloves minced
- $\frac{3}{4}$ cup artichoke hearts drained and rough chopped, I like Trader Joe's bottled marinated artichokes
- $\frac{1}{2}$ lb uncooked macaroni shells or any pasta
- 6 oz baby spinach
- 2 cups low sodium vegetable broth
- 1 cup water
- $\frac{1}{2}$ teaspoon red pepper flakes optional
- 2 oz cream cheese, room temperature room temperature
- 2 tablespoons parmesan cheese grated
- $\frac{1}{2}$ cup mozzarella cheese grated

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

INSTRUCTIONS

1. Set the Instant Pot to sauté mode and heat oil. Add onion and mix well. Cook for 2 minutes with a glass lid on.
2. Add garlic and stir well cooking for a minute. Add artichoke hearts and sauté for another minute.
3. Add uncooked pasta, broth, and water. Mix well. Make sure that most of the pasta is under the liquids. Note: Each pasta shape is different and you may need more or less water.
4. Close Instant Pot with pressure valve to sealing. Pressure Cook mode for 4 minutes followed by Quick Release.
5. Open Instant Pot, give a quick stir to the pasta. If the pasta looks dry-ish add another cup of broth, water, or low-fat milk
6. Set the Instant Pot to sauté mode and gently fold the spinach into the pasta and cook just until the spinach starts to wilt.
7. Add cream cheese, mozzarella, and grated parmesan. Add red pepper flakes and mix everything well until the cheeses blend well in the pasta. Enjoy hot!

NOTES

- Each pasta shape requires a different amount of water.
- Make sure most of the pasta is underwater before closing the Instant pot.
- Cook time for the elbow macaroni was 9 minutes. I half the cook time for Instant Pot. Hence cooked for 4 minutes. Adjust the cooking time according to the pasta box instructions.