



*ministry
of curry*

WEEK OF:
08/23 - 08/27

Tip:
You can
click on
orange font



Menu

MONDAY

Green Bean Curry - V, GF

TUESDAY

Turmeric Roasted Cauliflower Tacos

WEDNESDAY

Instant Pot Misir Wot - GF, LC

THURSDAY

Instant Pot Corn Poblano Chowder - GF, V

FRIDAY

Instant Pot Spinach Artichoke Mac and Cheese

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 cream cheese 2 oz grated parmesan cheese 4 oz grated mozzarella cheese

PANTRY

- 10 oz can diced tomatoes 2 oz arrowroot flour 12 oz bottled artichoke hearts
 ½ lb macaroni shells 4 oz mayonnaise 16 oz low sodium vegetable broth
 10 small corn tortillas 8 oz split red lentils 1 can chipotle peppers in adobo sauce

PRODUCE

- 1 pound green beans 1 potato 1 lemon
 5 ears of fresh corn 1 poblano pepper 1 jalapeno
 1 large russet potato 1 bunch cilantro 1 small bunch parsley
 6 oz baby spinach 1 cauliflower 3 limes
 1 small red cabbage 1 small green cabbage 2 carrots
 1 avocado 1 garlic bulb 1 inch fresh ginger
 2 yellow onions 2 red onions

SPICES

- cumin seeds Kashmiri red chili powder ground turmeric
 ground coriander allspice 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: TURMERIC ROASTED CAULIFLOWER TACOS



PREP TIME: 20 MIN
COOK TIME: 20 MIN
TOTAL TIME: 40 MIN
SERVES: 5

INGREDIENTS

- 1 cauliflower cut into 1-inch florets (1.5 LB cut or 5 cups)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 cup cilantro finely chopped
- 2 teaspoons lime juice fresh

To Assemble

- 10 small corn tortillas
- 1 avocado cubed
- Lime wedges

INSTRUCTIONS

1. Cut the cauliflower into small 1 inch florets. When cutting the cauliflower, first remove all the excess outer layer of thick stems, leaves and trim the main stem. Then cut the cauliflower starting from the bottom of the stem so florets almost start to fall off. This will make sure that you have minimal crumbly mess. Then cut the florets into smaller 1-inch pieces.
2. Place the cauliflower in a large mixing bowl and add turmeric, salt, black pepper and oil. Mix well and spread evenly in a single layer on a parchment-lined baking tray. Roast cauliflower in a preheated oven at 400 degrees for 15 to 20 minutes or until the cauliflower starts to turn golden brown on the edges.

Make the sauce. I have 2 favorite sauce recipes that like to serve with these tacos.

1. Cilantro jalapeño sauce AKA Crack Sauce from one of my favorite blogs [thechutneylife](#)
2. Homemade Chipotle Mayo. To make this simply add mayo, water, lime juice, salt, chili powder and chipotle chili to a blender and blend until smooth. I use canned chipotle chili in adobo sauce and pick out just the chilies. I add 1 to 2 chiles in this recipe but you can add more or less depending on the spice level you like. If you do not have canned chipotle chili you can also use 1 to 2 teaspoons of chipotle chili powder.

Cabbage Slaw

1. Make the cabbage slaw by mixing red cabbage, green cabbage, red onions, carrots and cilantro in a bowl. Add some fresh lime juice to brighten up the flavors.

Assemble the tacos

1. Next, warm the tortillas either on a pan, grill or directly on the stovetop. I prefer the stovetop method as it results in slightly charred but smokey tortillas. Using tongs hold the tortilla directly on the flame and cook each side for 10 to 15 seconds.
2. To assemble the tacos, place 2 to 3 spoonful of roasted cauliflower on the tortilla. Add cabbage slaw, avocados, pickled onions and drizzle the spicy sauce on top. Serve immediately with a squeeze of fresh lime.

NOTES

- Please visit the recipe on the blog for more notes.

Wednesday: INSTANT POT 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.

NOTES

Don't have an Instant Pot? Here's how you would cook it on the stovetop:

- Heat oil or ghee in a heavy bottom pot or stovetop pressure cooker. Add onions and sauté for 2 minutes. Add ginger and garlic. Mix well and cook for 30 seconds.
- Add red lentils, berbere spice blend, and salt. Add 3 cups of water and mix everything together.
- Cook covered on medium heat for 15 to 20 minutes. If using a pot stir occasionally and add more water if needed. Adjust salt and add more Berbere spice as per your taste.
 - a. Garnish with chopped cilantro and squeeze fresh lime juice.

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.