

A top-down view of a white bowl filled with a vibrant chicken curry. The curry features chunks of golden-brown chicken, sliced onions, and green herbs. A piece of flatbread is visible in the top left corner. The bowl sits on a light-colored surface with a blue and white striped pattern. A silver fork is partially visible in the bottom left. The background is a soft, out-of-focus light color.

# ministry of curry

WEEK OF:  
08/30 - 09/03

Tip:  
You can  
click on  
orange font



# Menu

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## MONDAY

Instant Pot Aloo Gobhi - V, GF

## TUESDAY

Chicken Shawarma

## WEDNESDAY

Spicy Salmon Burgers

## THURSDAY

Instant Pot Chana Saag - GF, V

## FRIDAY

Vegetable Hakka Noodles - 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

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- 8 oz Greek plain yogurt
- 1 pound salmon fillet
- 2 pounds chicken thighs boneless skinless

## PANTRY

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- 15 oz canned chickpeas
- 2 oz white vinegar
- 300 grams Chings hakka noodles
- 2 oz low sodium soy sauce
- 2 oz chili garlic sauce
- 4 pita breads
- ½ cup bread crumbs
- 4 Brioche Buns
- 2 oz sriracha sauce
- ½ cup bread crumbs

## PRODUCE

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- 3 yellow onions
- 3 red onions
- 5 tomatoes
- 1 potato
- 1 cauliflower
- 1 small green cabbage
- 1 small purple cabbage
- 1 bunch cilantro
- 1 small bunch dill
- 1 bunch scallions
- 1 inch ginger root
- 1 garlic bulb
- 6 oz baby spinach
- 1 red pepper
- 1 green pepper
- 2 carrots
- 2 lemons
- 1 bunch Romaine lettuce
- 4 persian cucumbers
- 1 jalapeno
- 1 cup arugula

## SPICES

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

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 ALOO GOBHI



## INGREDIENTS

- 1 medium onion thinly sliced
- 2 plum tomatoes diced
- 4 cups cauliflower florets cut into big 2 inch pieces
- 1 medium potato peeled and cut into thin wedges, I use russet potatoes
- 1 tablespoon cooking oil
- ½ teaspoon cumin seeds
- ¼ teaspoon turmeric
- 1 tablespoon mild Kashmiri red chili powder Less if using a spicier chili powder
- 2 teaspoons coriander powder
- 1 teaspoon cumin powder
- 1½ teaspoon garam masala Add ½ for a medium spicy curry
- 1 teaspoon kosher salt
- cilantro for garnish

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 2

## INSTRUCTIONS

1. Turn the Instant Pot to Sauté mode and heat oil. Add cumin seeds. Sauté for 30 seconds.
2. Add onions and mix well. Cook covered with a glass lid on for 1 minute. Add tomatoes, mix and cook covered for another minute.
3. Add turmeric, red chili powder, coriander powder, cumin powder, garam masala and salt. Add potatoes and cauliflower florets. Add 1 tablespoon of water. Mix well.
4. Put the Instant Pot lid on with pressure valve to sealing. Select Pressure Cook / Manual (Hi) for 3 minutes. Note: Cook for only 2 mins if you like cauliflower to be more firm.
5. Press Cancel to turn the Instant Pot off. Quick Release and stir gently. Garnish with cilantro. Serve hot with naan, paratha or toasted pita bread.

## NOTES

Tips for making Aloo Gobhi in Instant Pot:

- Cut cauliflower into big 2 to 3-inch florets along with the stems.
- Cut potatoes into thin wedges so they cook well along with the cauliflower.
- Reduce the cooking time to 1 or 2 minutes if you like a bite to the cauliflower OR cook on low-pressure mode.
- Press Cancel after the pressure cooking cycle is completed and immediately Quick Release the pressure to stop further cooking.
- Open the lid and take out the inner insert and put it on a trivet to stop further cooking.
- Nutrition

# Tuesday: CHICKEN SHAWARMA



PREP TIME: 30 MIN

COOK TIME: 15 MIN

MARINATING 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.

## 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 thinly 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.

# Thursday: INSTANT POT CHANA SAAG



## INGREDIENTS

- 1 15 oz canned chickpeas rinsed and drained, or 2 cups soaked chickpeas (1 cup dry, soaked overnight)
- 1 tablespoon ghee or oil for vegan
- 1 small onion chopped fine
- 1 teaspoon ginger grated
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 1 teaspoon kashmiri red chilli powder or paprika
- 1 teaspoon kosher salt
- 1 medium tomato diced
- ⅓ cup water
- ½ teaspoon garam masala
- ½ teaspoon aamchoor powder dry mango powder or 1 tablespoon lemon juice
- 4-6 cups fresh baby spinach chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 3

## INSTRUCTIONS

1. Turn Instant Pot to saute mode. Once the 'hot' sign displays, add ghee. Add onions and mix well. Cook for 2 mins with a glass lid on.
2. Add ginger, garlic, cumin powder, turmeric, red chili powder, and salt. Cook for 30 secs.
3. Add tomatoes and mix everything together. Add water and chickpeas. Mix well.
4. Close Instant Pot with pressure valve to sealing position. Pressure cook for 4 minutes. (If using pre-soaked chickpeas cook for 25 mins)
5. Quick-release the pressure or if you have time Natural Release is fine too. Open the Instant Pot and set it on Saute mode.
6. Add garam masala and dry mango powder. Add Spinach. Mix everything together and cook for 2-3 mins. Serve hot with Rice or Parathas. For low carb option serve with cauliflower rice.

## NOTES

### Variations

- To make vegan Chana Saag, simply substitute ghee with oil.
- You can make pot in pot white rice along with chana saag when using canned chickpeas. Add 1 cup basmati rice, 1.5 cups of water, 1 teaspoon of salt in a stainless steel pot and place over the tall trivet.
- If using pre-soaked chickpeas, add an extra ½ cup of water and pressure cook for 25 minutes followed by a 10-minute natural pressure release. You can also make pot in pot brown rice when using soaked chickpeas as they have a similar cook time to brown rice. Add 1 cup brown rice, 1.5 cups of water in a stainless steel pot, and place over the tall trivet.
- Substitute spinach with your favorite greens like finely chopped kale, swiss chard, or beet leaves.

# 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