



*ministry  
of curry*

WEEK OF:  
08/30 - 09/03

Tip:  
You can  
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# Menu

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## MONDAY

Instant Pot Aloo Gobhi - V, GF

## TUESDAY

Paneer Kathi Roll

## WEDNESDAY

Sweet Potato and Black Bean Burgers





## THURSDAY

Instant Pot Chana Saag - GF, V

## FRIDAY

Vegetable Hakka Noodles - V

## 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

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- 2 oz plain yogurt
- 16 oz paneer

## FROZEN

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- 8 kewan parathas
- 2 oz frozen unsweetened coconut

## PANTRY

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- 15 oz canned chickpeas
- 15 oz canned black beans
- 300 grams Chings hakka noodles
- 2 oz white vinegar
- 2 oz chili garlic sauce
- 2 oz low sodium soy sauce
- 6 oz oat flour
- 2 oz mayo
- 2 oz sriracha sauce
- 6 brioche buns

## PRODUCE

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- 4 yellow onions
- 2 red onions
- 2 sweet potatoes
- 1 potato
- 4 tomatoes
- 1 cauliflower
- 3 inch ginger root
- 1 garlic bulb
- 6 oz baby spinach
- 1 small green cabbage
- 1 small purple cabbage
- 2 red peppers
- 2 green pepper
- 2 carrots
- 1 bunch scallions
- 1 bunch cilantro
- 1 small bunch mint
- 3 green chilies
- 1 lemon
- 1 small lettuce

## SPICES

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- cumin seeds
- Kashmiri red chili powder
- ground turmeric
- ground coriander
- ground cumin
- garam masala
- aamchoor powder
- kasoori methi

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: 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:
- 1/4 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
  - 1/4 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
  - 1/2 cup cilantro chopped
- Mint Cilantro Chutney
- 1/2 cup cilantro
  - 1/4 cup mint leaves
  - 2 tablespoons unsweetened coconut frozen or dry
  - 1 garlic clove
  - 1/2 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 1/2 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 1-1/2 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: SWEET POTATO AND BLACK BEAN BURGERS



PREP TIME: 30 MIN

COOK TIME: 30 MIN

TOTAL TIME: 1 HR

SERVES: 6

## INGREDIENTS

- 1 can black beans rinsed and drained well
- 2 medium sweet potatoes steamed and peeled, about 2 cups \*\*
- ¾ cup oat flour Pulse rolled oats in a blender to make coarse flour. You can also use quick oats.
- ½ red onion finely diced
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 green chili minced
- 2 teaspoons kosher salt
- 1 teaspoon garam masala
- ½ teaspoon ground turmeric
- 2 teaspoons ground coriander
- ½ cup cilantro
- 1 tablespoon olive oil plus more for cooking

### Sauce

- ¼ cup mayo
- 2 tablespoons sriracha sauce

### To Serve

- 6 brioche buns or use your favorite burger buns
- 6 lettuce leaves cut into smaller rounds or use smaller boston lettuce leaves
- 1 small red onion thinly sliced
- 1 ripe tomato thinly sliced

## INSTRUCTIONS

1. Cut the steamed potatoes into 4 to 5 pieces each and add them to a large bowl. Mash the sweet potatoes
2. Pat dry the black beans with paper towels to remove any excess moisture. Add them to the mixing bowl with sweet potatoes. Mash only about half of them so you have some whole beans. Not mashing them all gives a nice texture and bite to the burgers.
3. Add onions, cilantro, ginger, garlic and green chili. Add turmeric, salt, ground coriander and garam masala. Mix everything together with a rubber spatula.
4. Start mixing in a little bit of oat flour at a time. Add more oat flour as needed. The oat flour will absorb excess moisture and help form the patties. Add oil and mix it well. If making ahead you can keep this mixture in the fridge.
5. Press down the mixture in the bowl so it's evenly flattened. Using a rubber spatula, divide the mixture into 6 parts. Scoop up each part and shape into a 4 inch patty. Add lightly oil your hands if needed. Place the patties into a parchment paper-lined tray. Repeat with the remaining mixture.
6. These patties can be refrigerated for up to 24 hours.

Here are a few options to cook these patties:

1. Heat a non-stick pan or griddle over medium heat. Add 2 teaspoons of oil and gently pan fry 2 to 4 patties at a time, depending on the size of your pan. Allow burgers to cook on one side for 4 to 5 minutes on low medium heat before flipping over. Cook the other side for 4 to 5 minutes or until both sides are golden brown and crisp.
2. Preheat the oven to 375 degrees. Spray both sides of the burgers with oil and bake for 25 to 30 mins flipping halfway through.
3. Preheat the air fryer at 400 F for 5 minutes. Spray the Air fryer basket with oil and place 2 to 4 patties in the basket. Lightly spray the burgers with oil and air fry at 370 F for 8 to 10 minutes.

### Sauce

1. Whisk together mayonnaise and sriracha in a small bowl.

### Serving

1. Cut the brioche buns in half. Lightly spray or brush olive oil on both sides and heat on a stove top griddle until the inside of the bun is golden. Place a lettuce leaf on the bottom bun. Place the burger patty and top with onions and tomatoes. Drizzle a spoonful of sriracha mayo and place the top bun over and serve.
2. For a Low Carb option, skip the bun and wrap the bun in lettuce leaves along with onions, tomatoes and sriracha sauce. You can also serve the patty over a bed of arugula, topped with onion, tomatoes, and sriracha mayo.

## NOTES

- [Visit the blog for more notes](#)

# 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