



*ministry
of curry*

WEEK OF:
09/13 - 09/17

Tip:
You can
click on
orange font



Menu

MONDAY

Palak Khichdi - VG, GF

TUESDAY

Blackened Fish Tacos with Pineapple Salsa - GF

WEDNESDAY

Chicken Karahi - GF, LC

THURSDAY

Instant Pot Shrimp Biryani - VG, GF

FRIDAY

Instant Pot Spinach Mushroom Lasagna - 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"/> 12 oz mozzarella cheese | <input type="checkbox"/> 4 oz parmesan cheese | <input type="checkbox"/> 8 oz low fat ricotta cheese |
| <input type="checkbox"/> 6 oz yogurt | <input type="checkbox"/> 1 lb white fish fillet | <input type="checkbox"/> 1½ lbs boneless skinless chicken thighs |

PANTRY

- 1 pound extra large shrimp

PANTRY

- | | | |
|--|---|--|
| <input type="checkbox"/> 8 oz short grain white rice | <input type="checkbox"/> 4 oz cup mung dal | <input type="checkbox"/> 16 oz long grain basmati rice |
| <input type="checkbox"/> 12 oz marinara sauce | <input type="checkbox"/> 10 small tortillas | <input type="checkbox"/> 9 no-boil oven ready lasagna sheets |
| <input type="checkbox"/> 12 oz canned diced tomatoes | | |

PRODUCE

- | | | |
|---|---|---|
| <input type="checkbox"/> 3 small green chiles | <input type="checkbox"/> 1 lb baby spinach | <input type="checkbox"/> 4 large yellow onions |
| <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 8 oz white mushrooms | <input type="checkbox"/> 24 oz frozen chopped spinach |
| <input type="checkbox"/> 1 small pineapple | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 2 jalapenos |
| <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 1/2 lb ginger |
| <input type="checkbox"/> 4 garlic bulbs | <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 1 russet potato |
| <input type="checkbox"/> 1 bunch cilantro | | |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> cumin seeds | <input type="checkbox"/> smoked paprika | <input type="checkbox"/> garlic powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> onion powder | <input type="checkbox"/> dried thyme |
| <input type="checkbox"/> cayenne pepper | <input type="checkbox"/> dried oregano | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> ground coriander | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> black peppercorns | <input type="checkbox"/> bay leaves | |

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: PALAK KHICHDI



INGREDIENTS

- 1 cup short-grain rice Ambe mor or Kali Jeera or a similar variety
- ½ cup mung dal
- ½ teaspoons kosher salt
- 4 cups water
- 1 to 3 small green chiles use more or less depending on the spice level
- 1 pound baby spinach
- 8 garlic cloves
- ½ inch ginger
- 3 tablespoons ghee plus more for serving
- 1 teaspoon cumin seeds
- 1 medium yellow onion finely diced
- 1 teaspoon garam masala
- 1 teaspoon kosher salt
- freshly ground pepper optional for serving

PREP TIME: 10 MIN

COOK TIME: 35 MIN

TOTAL TIME: 45 MIN

SERVES: 5

INSTRUCTIONS

1. Rinse rice and lentils and drain the water.
2. Add rice, lentils, water, and salt to the Instant Pot insert and pressure cook for 6 minutes followed by 5 minutes natural pressure release. If using a stovetop pressure cooker, cook for about 15 to 20 minutes or 3 whistles.
3. In a large pot bring 8 to 10 cups of water to boil. Add green chilies and baby spinach and blanch for 1 to 2 minutes or just until all the spinach wilts.
4. Take out the spinach and chilies and run cold water over them so the spinach stops cooking further. Drain out the water completely.
5. Add garlic cloves, ginger, and blanched spinach and chiles to a blender and make a smooth puree. Tip - If you do not like the fibers from the spinach make sure to puree well. I enjoy the fibers in the khichdi so I usually blend just for a minute.
6. In a large pot heat ghee (Tip - I dry the pot used for blanching spinach and use for making the khichdi). Add cumin seeds and allow them to sizzle, about 30 seconds. Add finely diced onions and cook for 4 to 5 mins.
7. Stir in garam masala, salt, and spinach puree. Then add the cooked rice and dal (from step 1 above) with more ghee and mix everything together.
8. Serve immediately with more ghee and freshly ground black pepper to taste.

NOTES

- This recipe makes medium spicy khichdi, but you can adjust the number of green chilies to more or less or completely omit them when serving to babies or sick patients
- Small Indian green chilies can be substituted with Jalapeño or Serrano chili
- Puree the spinach really well if you do not prefer the fiber strands from spinach
- To make with brown rice khichdi, increase the pressure cook time to 22 minutes followed by natural pressure release
- To make vegan khichdi substitute neutral vegetable oil for the ghee
- You can also use frozen spinach instead of fresh, the color may not come out as vibrant but the khichdi will still taste equally good

Tuesday: INSTANT POT CHICKEN TORTILLA SOUP



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

INGREDIENTS

- 1 pound white fish fillet halibut, mahi mahi, cod, tilapia
 - 10 flour tortillas use corn tortillas for gluten free option
- Spices:
- 1½ tablespoons smoked paprika
 - 1 teaspoon garlic powder
 - 1 teaspoon onion powder
 - 1 teaspoon dried thyme
 - 1 teaspoon cayenne pepper
 - 1 teaspoon dried oregano
 - 1 teaspoon kosher salt
 - 1 teaspoon ground black pepper
- Pineapple salsa
- 1 cup pineapple fresh pineapple works best
 - ½ cup red pepper finely diced
 - ¼ cup red onion finely diced
 - ¼ cup cilantro chopped
 - ½ jalapeno finely diced
 - ¼ lime
 - ½ teaspoon kosher salt
- Avocado Cilantro Sauce
- 1 avocado
 - ½ cup yogurt
 - 1 cup cilantro leaves and stems
 - 2 garlic cloves
 - 1 jalapeno use only half for less spice sauce
 - 1 teaspoon kosher salt
 - ¼ lime

INSTRUCTIONS

1. In a wide bowl mix all of the dry spices for the spice blend and keep aside.
2. Cut the fish fillet into 4 pieces and then coat each piece with the seasoning, pressing & turning the fish gently in the spice bowl to coat all the sides.
3. Heat a cast-iron skillet or a nonstick pan over medium heat. Add oil and once it's heated, place the seasoned fish pieces on the pan. Depending on the thickness of the fish you can turn the fish in 2 to 4 minutes and cook on the other side for 2 to 4 minutes. Take the fish out and gently break it with a fork.
4. In a medium bowl mix pineapple, red pepper, jalapeños, and onion. Add cilantro, salt & squeeze fresh lime juice. Mix well.
5. To make the avocado cilantro sauce, add cilantro, avocado, yogurt, garlic, jalapeno & salt to the food processor. Squeeze lime juice. Blend until smooth.
6. To warm the tortillas you can cook them directly over medium flame until it gets a few charred marks. Use stainless steel pair of tongs to turn them over after 30 to 40 seconds.
7. To assemble the tacos, place a few spoonfuls of fish in the center of the tortilla. Top with pineapple salsa and cilantro avocado sauce. Serve immediately.
8. Any leftover fish, salsa or sauce can be refrigerated for up to 2 days.

NOTES

- For a gluten-free meal, use corn tortillas or gluten-free tortillas
- Substitute fish with shrimp for delicious blackened shrimp tacos
- For a dairy-free option, use soy yogurt in the avocado cilantro sauce
- Have a mango on hand? use instead of the pineapple and make mango salsa
- Have a grill on? Cook your fish on the grill, over grill mat
- Generously brush oil on the fish and bake it in the oven at 400 degrees for 10 minutes, then broil for 1 min for perfect blackening on the top

Wednesday: CHICKEN KARAHI



INGREDIENTS

- 3 tablespoons oil
 - 1 yellow onion finely diced
 - ¼ cup ginger finely diced
 - 2 tablespoons garlic minced
 - 1½ pounds boneless skinless chicken thighs patted dry and cut into 4 pieces each
 - 1½ cups canned diced tomatoes **
 - 1 teaspoon ground cumin 1 teaspoon ground coriander
 - 1 teaspoon garam masala
 - 1 tablespoon Kashmiri red chili powder
 - ¼ teaspoon ground turmeric
 - 1½ teaspoons kosher salt
- Garnish:
- ¼ cup chopped cilantro
 - ¼ cup ginger julienned

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to Sauté mode and heat oil. Add onions, ginger, and garlic, and cook for 2 to 3 minutes or until the onions turn translucent. Use a glass lid to speed up the process. Tip: Make sure the bottom of the pot has no browning after sautéing the onions. If you see any browning, press Cancel on the Instant Pot and add 2 tablespoons of water and deglaze the bottom of the pot with a wooden or silicone spatula to remove all of the browning.
2. Add the chicken, tomatoes, ground cumin, ground coriander, garam masala, Kashmiri red chili powder, ground turmeric, and salt. Stir well.
3. Close the Instant Pot lid on with the pressure valve to sealing. Pressure Cook (Hi) for 5 minutes. Allow the pressure to release naturally for 5 minutes and then release all remaining pressure by turning the pressure release valve from sealing to venting.
4. Open the Instant Pot and set it to Sauté mode. Cook the chicken for 5 minutes as the curry continues to thicken. Garnish with cilantro and ginger.
5. Serve hot with naan or parathas and rice. For a low carb meal, serve mushroom masala over cauliflower rice. Add a side of cucumber salad for a delicious meal.

NOTES

- Please see the blog post for multiple notes and a stovetop variations.

Thursday: INSTANT POT SHRIMP BIRYANI



INGREDIENTS

- 2 cups long grain basmati rice
- 2 cups water for soaking the rice
- 1 tablespoon ghee
- 1 teaspoon cumin seeds
- 10 black peppercorns
- 2 bay leaves
- 1 large yellow onion thinly sliced
- ½ tablespoon ginger grated
- ½ tablespoon garlic grated
- 1 tomato diced
- 1 russet potato cubed
- ½ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder
- 1 teaspoon garam masala
- 2 teaspoons kosher salt
- 1 pound extra large Shrimp 20 (frozen, no need to thaw)
- 2 cups water for cooking
- ½ cup cilantro for garnish

PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 5

INSTRUCTIONS

1. Rinse and soak the rice in water for 20 mins. Drain the rice after 20 minutes.
2. Turn the Instant Pot to Sauté mode and heat ghee. Add cumin seeds, peppercorns and bay leaves. Sauté for 30 seconds.
3. Add onions and mix well. Cook covered with a glass lid on for 3-4 mins, until the onions are translucent and light golden in color.
4. Add ginger, garlic, tomatoes, potatoes, turmeric, red chili powder, garam masala and salt. Mix well.
5. Add shrimp, rice and water. Mix well, making sure all the rice is under the liquids.
6. Close Instant Pot lid with the pressure valve to sealing. Cook on Pressure cook (low-pressure mode) for 4 mins followed by 3-minute natural pressure release.
7. Garnish with fresh cilantro. Serve hot with raita and lime wedges.

NOTES

- Although the video shows 6 minutes of pressure cooking, for shrimp low-pressure cooking works better and hence I have updated the new cook time using low-pressure mode.
- When short of time, you can also skip the pre-soaking of the rice. The new cook time is tested to work well for long grain basmati rice.

Friday: INSTANT POT SPINACH MUSHROOM LASAGNA



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion diced
- 4 garlic cloves minced
- 8 oz white mushrooms diced, about 2 cups
- 3 cups frozen chopped spinach
- 1 teaspoon red pepper flakes optional
- 9 no-boil oven-ready lasagna sheets
- 1½ cup marinara sauce
- 1½ cup part-skim mozzarella cheese divided
- ½ cup parmesan cheese divided
- 1 cup low fat ricotta cheese

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 4

INSTRUCTIONS

1. Set Instant Pot to saute mode and heat oil. Add onions and garlic, mix well and cook covered with a glass lid for 2 minutes.
2. Add mushrooms, spinach and red pepper flakes. Cook for another 2 minutes.
3. Take out the sautéed vegetables, draining excess liquids. Keep aside.
4. Quick rinse the Instant Pot insert and dry well both inside and outside.
5. Mix ricotta cheese, ¼ cup of parmesan and 1 cup of mozzarella cheese and keep aside.
6. Add 1 cup of water to the Instant Pot insert. Use the 7" fat daddios cake push pan or similar cake pan.
7. Break 3 pasta sheets and arrange them evenly in the cake pan. Spread ½ cup of pasta sauce over it. Spread half of the spinach-mushroom mixture over the sauce. Spread half of the mixed cheese evenly.
8. Repeat the above starting with pasta, sauce, veggies and cheese.
9. Layer the remaining 3 pasta sheets and tomato sauce. Sprinkle ½ cup of mozzarella and remaining parmesan cheese on top.
10. Cover the cake pan with aluminum foil. Put the cake pan on the trivet and carefully place the trivet inside the Instant Pot. Close Instant Pot with pressure valve to sealing.
11. Pressure Cook for 20 mins followed by 10 minutes Natural Pressure Release. Open Instant Pot and enjoy.

NOTES

- We prefer to use low-fat ricotta and mozzarella cheese and skip the egg. Feel free to use your favorite cheeses, more or less, and add an egg if you like. Broil the lasagna for a couple of minutes to get crispy top if you like. The lasagna will be delicious either way!