



*ministry
of curry*

WEEK OF:
09/13 - 09/17

Tip:
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Menu

MONDAY

Palak Khichdi - GF

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF

WEDNESDAY

Mushroom Masala- GF, LC





THURSDAY

Instant Pot Chickpea Biryani - GF

FRIDAY

Instant Pot Spinach Mushroom Lasagna

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

- 12 oz mozzarella cheese 4 oz parmesan cheese 8 oz low fat ricotta cheese

FROZEN

- 24 oz frozen chopped spinach

PANTRY

- 8 oz short grain white rice 4 oz cup mung dal 16 oz long grain basmati rice
 8 oz dry chickpeas 4 oz raw cashews 9 no-boil oven ready lasagna sheets
 12 oz marinara sauce 4 oz mayo 2 canned chipotle peppers
 10 small corn tortillas 6 oz tomato puree

PRODUCE

- 5 small green chiles 1 lb baby spinach 2 garlic bulbs
 2 inch ginger root 4 large yellow onions 1 red onion
 24 oz white mushrooms 1 cauliflower head 1 small red cabbage
 1 small green cabbage 2 carrots 1 bunch cilantro
 1 bunch mint leaves 2 limes 1 avocado

SPICES

- cumin seeds ground turmeric Kashmiri red chili powder
 garam masala dried fenugreek 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 dall
- 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: 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)
- 1½ teaspoons kosher salt
- ½ teaspoon ground black pepper
- ¾ teaspoon ground turmeric
- ¼ cup olive oil

Chipotle Mayo

- ½ cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- ⅛ teaspoon salt more to taste
- ½ teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and ½ teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- ½ cup red onions thinly sliced
- 1 to 2 carrots grated
- ¼ 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: MUSHROOM MASALA



INGREDIENTS

- 1 pound white mushrooms rinsed, dried, and sliced
- 2 tablespoons ghee or neutral oil for vegan version
- 1 large yellow onion finely chopped
- 2 teaspoons ginger grated
- 2 teaspoons garlic grated
- ¾ cup tomato puree or 2 fresh ripe red tomatoes pureed
- ½ teaspoon ground turmeric
- ½ to 1 tablespoon Kashmiri red chili powder or any other mild red chili powder
- ½ to 1 teaspoon garam masala
- 1 teaspoon kosher salt
- ⅓ cup cashews
- 1 tablespoon dried fenugreek leaves
- Cilantro leaves chopped for garnish

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Soak cashews in ½ cup warm water for 10 mins and set aside. Drain all the water and blend the cashews with ¼ cup of water to make smooth paste and reserve.
2. Set the Instant Pot to saute mode and heat add ghee. Add onions and cook for 3 to 4 minutes with a glass lid on, stirring a few times. Add ginger and garlic paste, cook for 30 seconds. Turn the Instant Pot off.
3. Add tomato puree, turmeric, red chili powder, garam masala salt, and mushrooms. Mix well, deglazing the pot to remove any browning on the bottom of the pot. Close the Instant Pot, set on manual/pressure cook(Hi) for 4 minutes followed by Quick Release.
4. Stir in dried fenugreek leaves, cashew paste and chopped cilantro. Mix well and serve with **basmati rice** and **parathas**. For low carb option, serve the mushroom masala over cauliflower rice. Add a side of **Indian cucumber salad** for a delicious meal.

NOTES

- To cook this recipe on stove top, follow the recipe using a medium-sized pot. Instead of pressure cooking simply add extra ½ cup of water along with the mushrooms and then cook covered on medium heat for 10 to 15 minutes, or until the mushrooms are cooked through.

Thursday: INSTANT POT CHICKPEA BIRYANI



INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 green chilies slit into half (optional)
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or any mild red chili powder
- 1½ cups water to pressure cook chickpeas
- 1 teaspoon garam masala
- 3 teaspoon kosher salt divided
- 2 cups long-grain basmati rice
- 2 cups water
- ½ cup mint leaves chopped
- ½ cup cilantro chopped + ¼ cup for garnish

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 5

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat 2 tablespoons of ghee.
2. Add onions and saute for 10 mins, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 mins and keep aside.
4. Add remaining ghee to the IP with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chilies, turmeric, red chili powder, garam masala, 1 teaspoon salt and water. Mix well.
5. Close the Instant pot and turn the pressure valve to sealing. Pressure Cook for 20 minutes followed by quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, remaining salt and water. Make sure all the rice is under the water. Close the Instant Pot lid with the pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with cucumber raita and lime wedges.

NOTES

- If the top layer of rice looks a bit undercooked, simply fluff the top layer of the rice with a fork and keep the Instant Pot for 5 more minutes.
- Use oil instead of ghee to make the Biryani vegan.
- To make simple cucumber raita, mix 2 peeled and diced persian cucumbers with 1 cup of plain yogurt and a sprinkle of salt. Garnish with chopped cilantro.
- [See recipe on blog for more variations](#)

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!