



ministry of curry

WEEK OF:
10/18 - 10/22

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Pot Dal Makhani - VG, GF

TUESDAY

EASY Chicken Tortilla Soup - GF

WEDNESDAY

Instant Pot Shrimp Biryani - LC, GF

THURSDAY

Chicken Cilantro Soup with ginger and jalapeno - LC, GF

FRIDAY

Spicy Masala Mac and Cheese - VG

COOKING ICONS

(GF) Gluten-Free (LC) Low Carb (VG) Vegetarian (V) Vegan (PIP) Pot-in-pot

Visit the blog for substitutions, variations, and tips for each recipe.

Grocery Shopping List

PROTEIN & DAIRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 4 oz cream | <input type="checkbox"/> 8 oz milk | <input type="checkbox"/> 16 oz cheddar cheese |
| <input type="checkbox"/> 10 oz pepper jack cheese | <input type="checkbox"/> 2 pounds boneless skinless chicken breasts | |

FROZEN

- | | |
|---|---|
| <input type="checkbox"/> 8 oz frozen corn | <input type="checkbox"/> 1 pound extra large Shrimp |
|---|---|

PANTRY

- | | | |
|---|--|---|
| <input type="checkbox"/> 8 oz black gram beans | <input type="checkbox"/> 3 oz red kidney beans | <input type="checkbox"/> 8 oz brown rice |
| <input type="checkbox"/> 16 oz elbow macaroni | <input type="checkbox"/> 10 corn tortillas | <input type="checkbox"/> 72 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz fire roasted tomatoes | <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 16 oz long grain basmati rice |
| <input type="checkbox"/> 3 oz corn starch | | |

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 4 yellow onions | <input type="checkbox"/> 5 inch ginger root | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 2 large bunches cilantro | <input type="checkbox"/> 4 tomatoes | <input type="checkbox"/> 1 red pepper |
| <input type="checkbox"/> 3 jalapeños | <input type="checkbox"/> 3 green chillies | <input type="checkbox"/> 1 avocado |
| <input type="checkbox"/> 1 lemon | <input type="checkbox"/> 1 lime | <input type="checkbox"/> 1 russet potato |
| <input type="checkbox"/> 1 small cabbage | <input type="checkbox"/> 2 carrots | |

SPICES

- | | | |
|--|--|--|
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> ground cumin | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garam masala | <input type="checkbox"/> paprika | <input type="checkbox"/> cayenne pepper |
| <input type="checkbox"/> cumin seeds | <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: INSTANT POT DAL MAKHANI



INGREDIENTS

- 1 cup black gram beans or adzuki beans or whole brown lentils
 - ½ cup red kidney beans
 - 1 tablespoon oil **
 - 1 teaspoon cumin seeds
 - 1 medium yellow onion finely diced
 - ¼ teaspoon ground turmeric
 - 2 tablespoons fresh ginger grated
 - 2 cups tomatoes diced
 - 2 teaspoons kosher salt
 - 2 teaspoons Kashmiri red chili powder
 - 2 cups water
 - ½ cup light cream **
 - 1 teaspoon garam masala
 - ¼ cup cilantro chopped
- Optional Pot in Pot rice
- 1 cup brown rice
 - 2 cups water
 - 1 teaspoon salt

PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse and soak black gram beans and red kidney beans in 3 cups of water. Overnight or 6-8 hours. Drain the water after soaking and keep the beans aside.
 2. Set Instant Pot to sauté mode and heat oil. Add cumin seeds to the oil and allow them to sizzle. Add onions and mix well.
 3. Add turmeric, fresh ginger, tomatoes, salt, red chili powder, and beans. Add water and mix well.
- The next step is to make a pot in pot brown rice (optional)
1. Rinse and drain the rice. Add rice, water, and salt in a stainless steel container. Put a tall trivet over the beans. Place rice container on the trivet.
 2. Close Instant Pot with pressure valve to sealing. Cook on Manual / Pressure Cook (Hi) for 30 minutes followed by Natural Pressure Release.
 3. Open Instant Pot and set to sauté mode. Carefully take out the Rice container and the trivet. Stir in cream, add **garam masala** (optional) and garnish with cilantro. Enjoy hot!

NOTES

Notes to make a more authentic dal makhani:

1. Add 1/2 tablespoon of cumin powder, 1/2 tablespoon coriander powder, 1 tablespoon of minced garlic along with ginger and red chili powder.
2. Add 1 tablespoon kasoori methi {dried fenugreek leaves} along with fresh cilantro in the end.
3. You can also add more or less red chili powder and garam masala to adjust the spice level.

Notes to make dairy-free:

1. Replace ghee with oil
2. Use coconut cream or cashew cream (blend cashews in water)

Variations:

1. If using dry beans, add an extra 1 cup of water and increase the pressure cooking time to 60 minutes

Tuesday: INSTANT POT CHICKEN TORTILLA SOUP



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INGREDIENTS

- 1 tablespoon cooking oil
- 1 medium yellow onion finely diced
- 4 corn tortillas cut into 1-inch squares
- 1 cup fire-roasted tomatoes or fresh tomato diced
- ½ jalapeno minced
- 4 garlic cloves minced
- 15 oz canned black beans rinsed and drained
- 1 cup frozen corn
- 3 cups low sodium chicken broth
- 1 teaspoon kosher salt
- 1 pound chicken breasts
- 1 teaspoon paprika optional

Garnish

- ¼ teaspoon cayenne pepper optional
- 1 cup cilantro chopped
- 1 cup pepper jack cheese shredded
- 1 avocado diced
- 1 lime

Tortilla chips

- 6 corn tortillas
- 1 tablespoon oil
- kosher salt to taste

INSTRUCTIONS

1. Add oil, onion, tortillas pieces, tomatoes, jalapeño, garlic, beans, and corn to the Instant Pot and give a quick stir. Add chicken breasts, broth, salt, and paprika. Close the Instant Pot with pressure valve to sealing. Pressure Cook for 13 minutes on poultry mode followed by natural pressure release.
2. Open the Instant Pot, take out the chicken breasts, and shred them into small pieces with a fork. Add the shredded chicken to the soup. Turn the Instant Pot to saute mode and bring the soup to a boil. Mix well.
3. Serve the chicken tortilla soup hot, topped with cilantro, shredded pepper jack cheese and baked tortilla chips. Add a squeeze of fresh lime while serving.

To make the baked tortilla chips:

1. Cut the remaining tortillas into triangular pieces using a pizza cutter. Line the baking tray and bake for 10-15 mins, turning them once halfway through. Allow cooling.

NOTES

- Substitutes:
 - use taco seasoning instead of paprika when pressure cooking the soup
 - substitute chicken with your favorite meat, see vegetarian options below
 - skip cheese for a dairy-free tortilla soup
 - add sour cream while serving the soup
 - substitute pepper jack cheese with your favorite Mexican cheese

- Vegetarian Options:

- To make the soup vegetarian, add another can of red or black beans, 1 cup of diced mushrooms, zucchini, and/or carrots. Pressure Cook for 5 minutes followed by quick release or natural pressure release.

Wednesday: INSTANT POT SHRIMP BIRYANI



INGREDIENTS

- 1 cup white organic quinoa
- ⅓ cup urad dal
- ½ cup poha flattened rice flakes
- ¼ teaspoon fenugreek seeds
- ½ cup water for blending
- 1½ teaspoons kosher salt
- 1 tablespoon ghee

PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40

SERVES: 4

INSTRUCTIONS

1. Rinse the quinoa 2 to 3 times. Add poha & lentils and rinse again. Drain out the water and then soak with 3 cups of water for 6 to 8 hours.
2. Drain out all the water and add to a blender and blend with salt & water. The idli batter consistency will be like pancake batter.
3. Add the idli batter to the Instant Pot insert. Set the Instant Pot to Yogurt(normal mode) for 8 hours. Place a non-locking lid on the Instant Pot as you do not need any pressure to be built. Depending on the temperature in your kitchen you may need to ferment it anywhere between 8 to 12 hours. If you do not have an Instant Pot, simply place the batter container in a warm place or inside the oven with lights on.
4. Evenly spread 2 to 3 drops of ghee or oil to the idli mold plates and grease it well. Then pour the batter in each section, about 1/4 cup to 1/3 cup depending on the size of your idli plate. Stack the plates and get the idli stand ready. Add 1 cup of water to the Instant Pot insert and heat it on sauté mode. Once the water gets hot and starts to steam, place the idli stand inside the Instant Pot. Close the lid with the pressure valve to venting. Press the steam option and set an EXTERNAL timer for 15 minutes. NOTE: The Instant Pot timer does not work with the pressure release valve to venting so make sure to set an external timer.
5. Once the timer goes off, press the Cancel button on the Instant Pot and allow a 10-minute natural pressure release. Then open the lid and carefully take out the Idli stand. Separate each plate and allow to cool down for 5 mins. Then run a butter knife carefully from under each idli and remove the idlis.
6. Enjoy hot with some coconut chutney or cilantro chutney and sambar. I have a super easy and delicious sambar recipe in The Essential Indian Instant Pot Cookbook.

NOTES

- For more notes please visit the [blog post](#)

Thursday: INSTANT POT CHICKEN CILANTRO SOUP

INGREDIENTS



- 2 tablespoon oil divided
- 1 tablespoon garlic minced
- 3-6 green chilies or 1-3 jalapeño sliced
- 2 tablespoons grated ginger divided
- 1 cup cilantro stems roughly chopped
- 1 pound chicken breasts
- 12 black peppercorns
- 1 teaspoon salt
- 2 cup low sodium chicken broth we used better than bouillon
- 1 cup cabbage thinly sliced
- 1 cup carrots julienned
- 3 tablespoon corn starch or arrowroot powder mixed in 1 cup of water
- ¼ teaspoon fresh ground pepper optional
- ½ cup cilantro chopped
- 2 tablespoon lemon juice

PREP TIME:10 MIN

COOK TIME:20 MIN

TOTAL TIME:30 MIN

SERVES:6

INSTRUCTIONS

1. Turn Instant Pot to Saute(more) mode and heat 1 tablespoon oil. Add garlic, green chilies, 1 tablespoon ginger and cilantro stems. Mix well.
2. Add chicken breasts, black peppercorn, salt, 2 cups of water and 2 cups of broth. Give a quick stir and close Instant Pot with pressure valve to sealing.
3. Set Instant Pot on Manual(Hi) for 10 minutes followed by Natural Pressure Release.
4. Open Instant Pot and take the chicken breasts out. Shred the chicken with a fork and keep aside.
5. Take a large bowl and strain the broth. Squeeze out any juices by gently pressing the stems in the strainer. Discard the stems from the strainer. Reserve the broth.
6. Rinse and dry the Instant Pot insert. Put the insert back and set the Instant Pot to sauté mode. Add the remaining oil, cabbage, carrots and remaining ginger. Mix well.
7. Add shredded chicken, reserved broth and corn starch water.
8. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, lemon juice and chopped cilantro. Enjoy hot!

NOTES

Vegetarian Version

- Skip the chicken all together and follow the remaining recipe to make a perfect vegan soup. Just replace the chicken broth with vegetable broth. If you can find enoki mushroom, they add a great crunch too. Stir them in the end along with the carrots and cabbage
- Add small cubed extra firm tofu in the end for added proteins. You can also add baked tofu.

Variations

- Adjust the corn starch or arrowroot powder, to the textures you prefer.
- Adjust green chilies and fresh ginger to take the spice level up or down.
- Go ahead and double up on cilantro if you have extra.

Friday: MASALA MAC AND CHEESE



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 8

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion finely diced
- 1 cup red pepper diced
- 1 to 2 jalapeños finely diced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon Kashmiri red chili powder or any mild chili powder, add less if using a spicier variety
- 1 teaspoon **garam masala**
- 1 teaspoon ground cumin
- 1 teaspoon kosher salt
- 16 oz elbow macaroni
- 4 cups low sodium vegetable broth I use 4 teaspoons of Better than Boullion vegetable broth paste mixed in 4 cups of water
- 1 cup 2% milk or whole milk
- 2 cups cheddar cheese grated
- 1 cup pepper jack cheese grated
- 1 teaspoon red chili flakes optional
- 1¼ cup cilantro chopped

INSTRUCTIONS

1. Set the Instant Pot to sauté mode & heat oil. Add onions, peppers & jalapeno & saute for 3 to 4 minutes or until the onions start to soften. Turn off sauté mode.
2. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well. Add pasta & broth. Close the Instant Pot & Pressure cook for 4 minutes.
3. Quick release & open the lid. Set the Instant Pot to sauté mode & add milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the saute mode once all the cheese is melted. Garnish with red chili flakes & cilantro. Enjoy hot!

Stovetop Recipe

1. Boil the pasta as per the package instructions, drain the water, and set aside.
2. Heat oil in a large pot or work and add onions, peppers & jalapenos. Saute for 5 to 7 minutes on medium heat or until the onions turn translucent stirring frequently
3. Add ginger, garlic, chili powder, garam masala, cumin, salt & mix well cooking for another minute. Add the cooked pasta, ½ cup of water, and mix well until the pasta is heated through
4. Lower the heat to medium-low and slowly stir in milk. Add the cheeses handful at a time & stir well. Add more milk if needed. Continue to stir until the cheeses are well incorporated making a smooth creamy sauce. Turn off the heat once all the cheese has melted. Garnish with red chili flakes & cilantro. Enjoy hot!

NOTES

- Please find additional notes on the [blog](#)