



ministry of curry

WEEK OF:
11/08 - 11/12

Tip:
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Menu

MONDAY

Instant Pot Chicken Cilantro Soup - GF, LC

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF, LC

WEDNESDAY

Instant Pot Doro Wat - GF, LC

THURSDAY

Quinoa Oats Dosa - GF, VG

FRIDAY

Vegetable Hakka Noodles - V

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

- ☐ 4 eggs
- ☐ 1 pound boneless skinless chicken breasts
- ☐ 2 pounds chicken drumsticks

PANTRY

- ☐ 4 oz mayo
- ☐ 4 oz urad dal
- ☐ 2 oz low sodium soy sauce
- ☐ 10 small corn tortillas
- ☐ 4 oz chana dal
- ☐ 300 grams Chings hakka noodles
- ☐ 8 oz white organic quinoa
- ☐ 2 oz white vinegar
- ☐ 1 can chipotle peppers in adobo sauce
- ☐ 4 oz rolled oats
- ☐ 2 oz chili garlic sauce
- ☐ 16 oz low sodium chicken broth
- ☐ 3 oz corn starch
- ☐ 2 oz tomato paste

PRODUCE

- ☐ 1 cauliflower
- ☐ 1 avocado
- ☐ 3 green chillies
- ☐ 1 small red cabbage
- ☐ 1 yellow onion
- ☐ 1 red pepper
- ☐ 1 small green cabbage
- ☐ 3 red onions
- ☐ 1 green pepper
- ☐ 6 carrots
- ☐ 2 garlic bulbs
- ☐ 1 bunch scallions
- ☐ 2 limes
- ☐ 4 inch ginger root
- ☐ 2 lemons
- ☐ 1 large bunch cilantro

SPICES

- ☐ ground turmeric
- ☐ Berbere spice blend
- ☐ chili powder
- ☐ black peppercorns

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 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

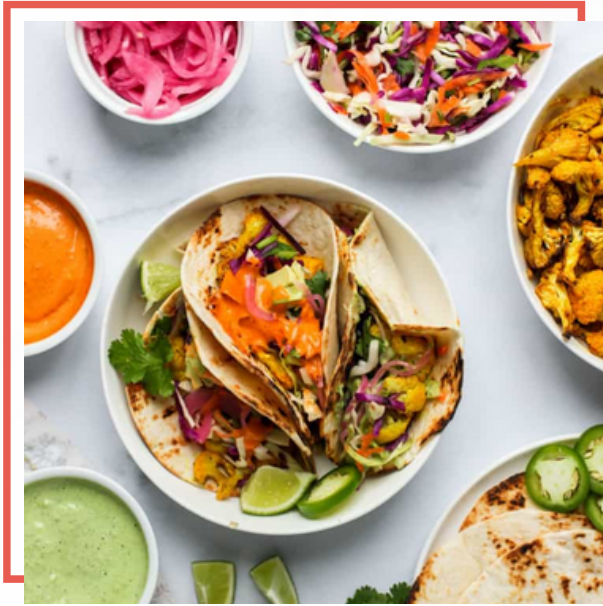
Vegetarian Version

- 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.

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)
- 1.5 teaspoons kosher salt
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon ground turmeric
- 1/4 cup olive oil

Chipotle Mayo

- 1/2 cup mayo use vegan mayo for vegan tacos
- 1 tablespoon water
- 2 teaspoons lime juice
- 1/8 teaspoon salt more to taste
- 1/2 teaspoon chili powder
- 2 canned chipotle peppers substitute with 1 teaspoon smoked paprika and 1/2 teaspoon chipotle powder

Slaw

- 1 cup red cabbage finely chopped
- 1 cup green cabbage finely chopped
- 1/2 cup red onions thinly sliced
- 1 to 2 carrots grated
- 1/4 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.

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Wednesday: INSTANT POT DORO WAT



INGREDIENTS

- 2 pounds chicken drumsticks 8 pieces, skin removed
- 2 tablespoons fresh lemon juice
- 2 teaspoons kosher salt
- 2 tablespoons ghee
- 2 large red onions finely chopped
- 2 tablespoons ginger grated
- 2 tablespoons garlic pressed
- ½ cup Berbere spice blend
- 2 tablespoons tomato paste
- 4 hard-boiled eggs peeled and sliced into half

PREP TIME: 15 MIN

COOK TIME: 30 MIN

TOTAL TIME: 45 MIN

SERVES: 4

INSTRUCTIONS

1. Hard boil eggs. I use Instant Pot to hard boil the eggs but you can also hard boil them on the stovetop. Add 1 cup of water to the instant pot insert. Place eggs on the trivet and pressure cook for 5 minutes. Allow 5 minutes natural pressure release and then release the rest of the pressure and open the Instant Pot. Run cold water over the eggs or put them in an ice bath. This allows the eggs to stop overcooking. Peel and slice the eggs and keep aside
2. Add lemon juice and salt to chicken, mix well and keep aside
3. Set the Instant Pot on Saute (Hi) mode and heat ghee. Add onions and saute them for 5 minutes, stirring a few times. Place a lid on top to speed up the process
4. Add garlic and ginger and cook for a minute. Turn the Instant Pot off and add ½ cup of water and deglaze the pot using a wooden removing all the browning or stuck bits
5. Add the chicken, layer over berbere, and tomato paste. Do not mix
6. Close the Instant Pot with the pressure valve to sealing and adjust the cook time to 8 minutes. Allow natural pressure release for 10 minutes and then open the Instant Pot. Mix well. The stew may look a bit watery at this point, mix gently and simply allow it to cool down for 5 minutes and the stew will continue to thicken
7. Stir in hard-boiled eggs, garnish with chopped cilantro and enjoy hot

NOTES

- Don't have an Instant Pot? Here is how you can adapt this recipe to make on the stovetop:
 - Hard boil the eggs on the stovetop. Follow the recipe above but after adding chicken, Berbere, and tomato paste, mix everything with an additional 1 cup of water and cook covered on medium-low heat for 20 to 30 minutes or until the chicken is cooked through. Make sure to stir the chicken a few times and add more water if needed. In the end, taste and add more salt and berbere spice if needed. Add boiled eggs and garnish with cilantro.
- Note, Skinless chicken drumsticks can be substituted with:
 - a. bone-in or boneless thighs
 - b. whole bone-in chicken cut into pieces or chicken breasts
 - c. For boneless breasts or thighs that are cut into small 2-inch pieces, reduce the pressure cook time to 5 minutes

Thursday: QUINOA OATS DOSA



INGREDIENTS

- 1 cup white organic quinoa
- ½ cup rolled oats quick oats will work too
- ½ cup urad dal
- ¼ cup chana dal
- 1½ cups water for making the batter
- 1½ teaspoons kosher salt
- ¼ cup oil or ghee to apply to the cooked dosa

PREP TIME: 15 MIN

COOK TIME: 30 MIN

SOAKING TIME: 4 HRS

TOTAL TIME: 60 MIN

SERVES: 6

INSTRUCTIONS

1. Rinse the quinoa, oats & lentils. Drain out the water and then soak with 3 cups of water for 4 hours.
2. Drain out all the water. Add to a blender and blend with water. The dosa batter consistency will be like pancake batter. Add salt and mix well
3. Allow to rest for 20 minutes or an hour or start making the dosa's right away
4. Preheat a nonstick griddle on low heat and pour about ⅓ cup of batter and spread it into a thin dosa using the back of the ladle or a measuring cup. Starting from the middle spread the batter in a circular motion going outwards.
5. Once the bottom of the dosa starts to turn golden brown, evenly spread a little bit of oil or ghee on the dosa. Allow the dosa to crisp up further for another couple of minutes or if you like softer dosa lower the heat and take the dosa out.
6. Using a flat spatula start removing the dosa from the outer edges, then gently fold the dosa and serve immediately with [coconut chutney](#) and [spicy potatoes](#).
7. Before making the next dosa, lower the heat and wipe the pan using wet paper towels. You can also cut an onion in half and use the flat portion of the onion to rub on the pan. This helps cool down the pan a bit and will allow you to spread the batter thinly and evenly.
8. Repeat making dosa with the rest of the batter. Any remaining batter can be refrigerated for up to 3 days.

NOTES

- Make sure to massage and rinse quinoa at least 2 to 3 times
 - Dosas are best cooked and served immediately but you can store the batter refrigerated in an airtight container for up to 3 days
 - To make perfectly thin dosas everytime, its important to have the griddle or pan you are using at the right temperature. Th pan should be on low heat when you are pouring and spreading the batter
 - Between each dosa use couple of wet paper towels to wipe the pan and to bring down the temperature so the dosa batter can be spread properly for your next dosa. If the Pan is too hot, the batter will not spread evenly and will start sticking to the back of the spoon.
 - Once the batter is spread you can increase the heat to medium and finish cooking
 - Note that the quinoa dosas are best cooked on medium to low heat so they cook crispy golden brown
1. You can also fold the dosa in a cone shape that the kids will love to see and eat! Starting from the outer edge, cut the cooked dosa until the mid center. Then pickup one side of the dosa and start folding it inwards using the cut center as the top point, shaping it like a cone.

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