

A top-down view of a white bowl filled with a thick, orange-brown curry. The curry is garnished with finely chopped red onions and fresh green cilantro leaves. A semi-transparent text box is centered over the bowl.

ministry of curry

WEEK OF:
11/08 - 11/12

Tip:
You can
click on
orange font



Menu

MONDAY

Lemon Coriander Soup with Tofu - 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

 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 extra firm tofu

PANTRY

- | | | |
|--|--|--|
| <input type="checkbox"/> 4 oz mayo | <input type="checkbox"/> 4 oz urad dal | <input type="checkbox"/> 2 oz low sodium soy sauce |
| <input type="checkbox"/> 10 small corn tortillas | <input type="checkbox"/> 4 oz chana dal | <input type="checkbox"/> 300 grams Chings hakka noodles |
| <input type="checkbox"/> 8 oz white organic quinoa | <input type="checkbox"/> 2 oz white vinegar | <input type="checkbox"/> 1 can chipotle peppers in adobo sauce |
| <input type="checkbox"/> 4 oz rolled oats | <input type="checkbox"/> 2 oz chili garlic sauce | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| | <input type="checkbox"/> 3 oz corn starch | <input type="checkbox"/> 8 oz split red lentils |

PRODUCE

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 cauliflower | <input type="checkbox"/> 1 avocado | <input type="checkbox"/> 6 green chillies |
| <input type="checkbox"/> 1 small red cabbage | <input type="checkbox"/> 1 yellow onion | <input type="checkbox"/> 1 red pepper |
| <input type="checkbox"/> 1 small green cabbage | <input type="checkbox"/> 2 red onions | <input type="checkbox"/> 1 green pepper |
| <input type="checkbox"/> 5 carrots | <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 1 bunch scallions |
| <input type="checkbox"/> 3 limes | <input type="checkbox"/> 3 inch ginger root | <input type="checkbox"/> 1 lemons |
| | <input type="checkbox"/> 2 large bunch cilantro | |

SPICES

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> Berbere spice blend | <input type="checkbox"/> chili powder |
| <input type="checkbox"/> 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: LEMON CORIANDER SOUP WITH TOFU



INGREDIENTS

- 2 tablespoons oil divided
- 2 tablespoons ginger grated
- 2 tablespoons garlic minced
- 3 to 6 green chilies sliced, or 1 to 2 jalapeños
- 1 cup cilantro stems roughly chopped
- 12 black peppercorns
- 4 cups low sodium vegetable broth
- 1 cup green cabbage thinly sliced
- 1 cup carrots julienned
- 12 oz extra firm tofu cubed or cubed and baked
- 3 tablespoons corn starch
- 1 cup water
- ¼ teaspoon fresh ground pepper
- ½ cup cilantro chopped
- 1 lemon

PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

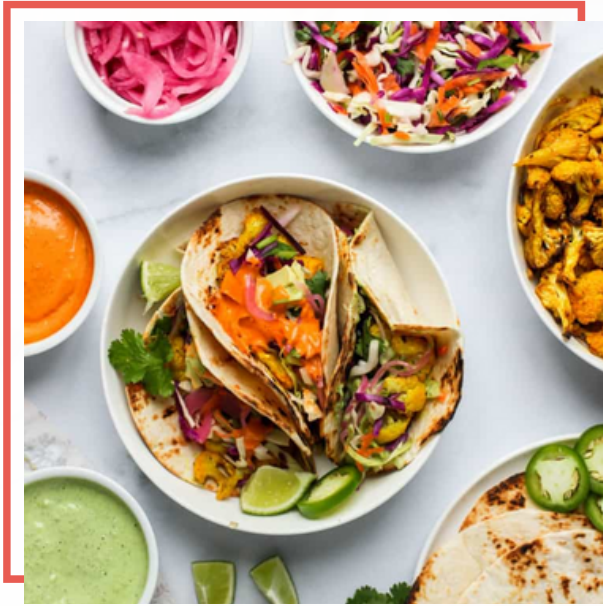
INSTRUCTIONS

1. Turn Instant Pot to Sauté mode and heat half of oil. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Close Instant Pot with pressure valve to sealing. Pressure cook for 8 minutes followed by quick release or Natural Pressure Release
2. Open Instant Pot. 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
3. 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
4. Add baked tofu. Mix the corn starch in water and add to the soup
5. Mix well and bring the soup to a gentle boil. Turn Instant Pot off. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice and chopped cilantro. Enjoy hot

NOTES

- In a large pot heat oil on medium. Add garlic, green chilies, half of the ginger and cilantro stems. Mix well and cook for 2 minutes. Add black peppercorns, broth and give a quick stir. Allow the broth to boil for 15 minutes on medium-low heat partially covered.
- 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
- Rinse and dry the Pot used to make the broth. Add the remaining oil, cabbage, carrots, and remaining ginger and sauté on medium heat for 3 to 4 minutes
- Add baked tofu. Mix the corn starch in water and add to the soup
- Bring the soup to a gentle boil. Add fresh ground pepper, salt to taste, 2 tablespoons lemon juice, and chopped cilantro. Enjoy hot

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 MISIR WOT



INGREDIENTS

- 1 cup split red lentils
- 2 tablespoons olive oil or ghee
- 1 medium red onion diced
- 1 teaspoon fresh ginger grated
- 4 cloves garlic minced
- 1 to 3 tablespoons berbere spice blend
- 1 teaspoon salt
- 2 to 3 cups water divided
- 2 tablespoons cilantro chopped (optional)
- ½ lime

PREP TIME: 5 MIN

COOK TIME: 30 MIN

TOTAL TIME: 35 MIN

SERVES: 4

INSTRUCTIONS

1. Turn Instant Pot to Saute mode. After the 'hot' sign displays, add oil and onions. Mix well. Cook covered with a glass lid for 2 minutes.
2. Add ginger and garlic. Mix well and cook for 30 seconds.
3. Add red lentils, berbere spice blend, and salt. Add 2 cups of water and mix everything together.
4. Close Instant Pot lid with pressure valve to sealing. Cook on Manual(Hi) for 15 mins followed by natural pressure release.
5. Open Instant Pot, Stir everything. Add more water to bring the stew to desired consistency. Mix well.
6. Garnish with chopped cilantro and squeeze fresh lime juice on top before serving with steamed rice or bread.

NOTES

Don't have an Instant Pot? Here's how you would cook it on the stovetop:

- Heat oil or ghee in a heavy bottom pot or stovetop pressure cooker. Add onions and sauté for 2 minutes. Add ginger and garlic. Mix well and cook for 30 seconds.
- Add red lentils, berbere spice blend, and salt. Add 3 cups of water and mix everything together.
- Cook covered on medium heat for 15 to 20 minutes. If using a pot stir occasionally and add more water if needed. Adjust salt and add more Berbere spice as per your taste.
 - a. Garnish with chopped cilantro and squeeze fresh lime juice.

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