



ministry of curry

WEEK OF:
11/15 - 11/19

Tip:
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Menu

MONDAY

Spicy Masala Chicken Burgers

TUESDAY

Black Bean and Corn Quesadillas - VG

WEDNESDAY

Vegetarian Pad Thai - LC, GF

THURSDAY

Instant Pot Masale Bhath - GF, V

FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms

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"/> 16 oz pepper jack cheese | <input type="checkbox"/> 14 oz extra firm tofu | <input type="checkbox"/> 1 pound ground chicken |
| <input type="checkbox"/> 2 oz parmesan cheese | <input type="checkbox"/> 2 eggs | |

FROZEN

- ☐ 1 cup frozen corn

PANTRY

- | | | |
|--|---|--|
| <input type="checkbox"/> 1 can black beans | <input type="checkbox"/> 12 oz bean sprouts | <input type="checkbox"/> 4 oz white organic quinoa |
| <input type="checkbox"/> 8 tortillas | <input type="checkbox"/> 4 oz roasted peanuts | <input type="checkbox"/> 72 oz low sodium vegetable broth |
| <input type="checkbox"/> 8 oz rice noodles | <input type="checkbox"/> 12 oz basmati rice | <input type="checkbox"/> 1 oz unsweetened shredded coconut |
| <input type="checkbox"/> 6 oz Pad Thai Sauce | <input type="checkbox"/> 4 burger buns | <input type="checkbox"/> 1 pound pasta |

PRODUCE

- | | | |
|---|--|---|
| <input type="checkbox"/> 3 yellow onions | <input type="checkbox"/> 1 bunch scallions | <input type="checkbox"/> 1 lime |
| <input type="checkbox"/> 1 red onion | <input type="checkbox"/> 1 small bunch parsley | <input type="checkbox"/> 2 tomatoes |
| <input type="checkbox"/> 1 jalapeno | <input type="checkbox"/> 10 curry leaves | <input type="checkbox"/> 1 russet potato |
| <input type="checkbox"/> 4 green chilies | <input type="checkbox"/> 1 red pepper | <input type="checkbox"/> 1 small eggplant |
| <input type="checkbox"/> 1 bunch cilantro | <input type="checkbox"/> 1 yellow pepper | <input type="checkbox"/> 2 garlic bulbs |
| <input type="checkbox"/> 1 small lettuce | <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 1 pound shiitake mushrooms |

SPICES

- | | | |
|---|---|---|
| <input type="checkbox"/> ground turmeric | <input type="checkbox"/> cloves | <input type="checkbox"/> brown sesame seeds |
| <input type="checkbox"/> red chili powder | <input type="checkbox"/> cinnamon stick | <input type="checkbox"/> poppy seeds |
| <input type="checkbox"/> coriander seeds | <input type="checkbox"/> cumin seeds | <input type="checkbox"/> green cardamom |
| <input type="checkbox"/> black pepper | <input type="checkbox"/> ground coriander | <input type="checkbox"/> garam masala |
| <input type="checkbox"/> ground cumin | | |

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: SPICY MASALA CHICKEN BURGERS



INGREDIENTS

- 1 pound ground chicken
- ½ medium onion diced finely
- 3 garlic cloves pressed
- 1 teaspoon ginger grated
- 2 green chilies minced
- 1 tablespoon ground coriander
- 1 teaspoon garam masala
- ½ teaspoon ground cumin
- ½ cup quinoa cooked (optional)
- ½ cup cilantro chopped
- 1½ teaspoons kosher salt
- 1 tablespoon olive oil

To Serve:

- 4 burger buns
- 2 lettuce leaves
- 1 tomato sliced
- 1 medium red onion sliced

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35 MIN

SERVES: 4

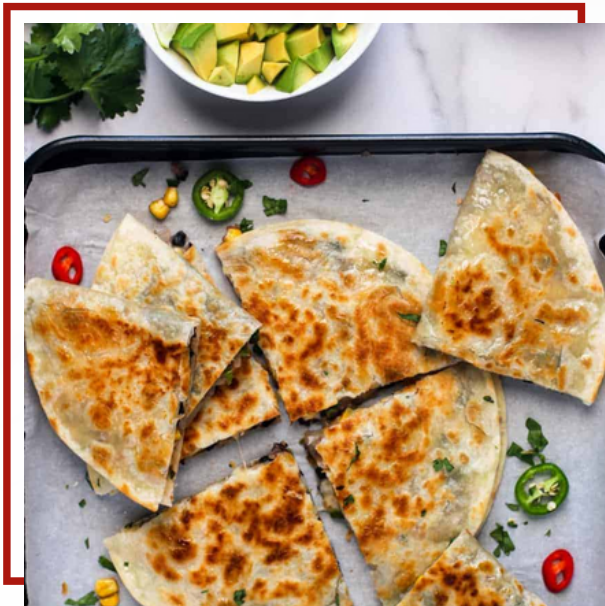
INSTRUCTIONS

1. Preheat the oven or grill to 375 degrees. Line a large baking tray with parchment paper and spray olive over it. Keep aside.
2. In a medium mixing bowl add all the ingredients for burger patties and mix well.
3. Flatten the mix in the bowl and then make 2 cross slits in the middle to divide the mix into 4 quarters.
4. Use a spoon or spatula shape each quarter into a round ball and drop it on the lined tray, 3 to 4 inches apart from each other. Shape into a round circle with a spoon and then gently press the meat into a flat 3 to 4-inch patty. Press the middle of the patty with your thumb or back of a spoon, this will allow the patty surface to cook flat and not puff up.
5. Lightly spray over the burgers and cook in the preheated oven for 25 minutes. No need to turn halfway over.

To cook on grill:

1. Preheat the grill at 375 degrees. Line the grill with aluminum foil and spray oil over.
2. Place the ground chicken mix on the foil with 3 to 4-inch space around each patty. Shape into a round circle with a spoon and then gently press the meat into a flat 3 to 4-inch patty. Press the middle of the patty with your thumb or back of a spoon. Cook for 8 to 10 minutes and then flip over and cook the other side for an additional 8 to 10 minutes.

Tuesday: BLACK BEAN AND CORN QUESADILLAS



INGREDIENTS

- 1 medium yellow onion finely diced
- 1 jalapeno finely diced (de-seed for less spicy or use only half)
- 1 teaspoon ground cumin
- 1 can black beans rinsed and drained
- 1 cup frozen corn
- ½ cup cilantro chopped
- 3 tablespoons oil
- 8 tortillas **
- 2 cups pepper jack cheese shredded

PREP TIME: 20 MIN

COOK TIME: 20 MIN

TOTAL TIME: 40 MIN

SERVES: 4

INSTRUCTIONS

Step 1 - Filling

1. Rinse and drain black beans. Mash with a potato masher and reserve.
2. Heat 1 tablespoon oil in a medium pan and add onions and jalapenos. Cook for 4 to 5 minutes or until the onions start to become translucent.
3. Add cumin, mashed black beans, corn, and cilantro. Mix well. Add 2 tablespoons of water if the mixture seems too dry. Water makes it easy to spread the filling on the quesadillas. Cook for 4 to 5 minutes or until the filling is heated through. Turn the heat off and reserve the filling.

Step 2 - Assemble and Cook the Quesadillas

1. Pre-heat a non-stick griddle or pan on medium heat. Here are 2-ways to cook the quesadillas:

Using one tortilla that are easier to flip

1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides, spread the filling on half of the tortilla, sprinkle some cheese and fold the other half of the tortilla over the filling and cheese making a semicircle.
2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp.
3. Take the quesadilla out and using a pizza cutter, cut into half or 3 triangular pieces.

Using two tortillas

1. Place a tortilla on the pan and lightly brush both sides with some oil. Once the tortilla is warm on both sides reserve on the side. Repeat the same process for the second tortilla. Once the second tortilla is warm, spread the filling the entire tortilla, sprinkle some cheese and place the other reserved tortilla over the filling and cheese.
2. Using a spatula, lightly press on the quesadilla and cook until both sides start to brown and become crisp. Be very careful when flipping the quesadilla, it takes a bit of practice but a good way to cook for a large party or hungry teenagers!
3. Take the quesadilla out and using a pizza cutter, cut into half and then quarters. Serve with salsa and guacamole.

Wednesday: VEGETARIAN PAD THAI



INGREDIENTS

- 14 oz Extra Firm Tofu baked
- 8 oz rice noodles A Taste of Thai linguini rice noodles
- 5 cups water
- 3 tablespoons oil
- 1 tablespoon garlic minced
- 1 bunch scallions
- 1 small red pepper
- 1 small yellow pepper
- 2 eggs whisked
- 6 oz Pad Thai Sauce **
- 3 cups bean sprouts
- ½ cup peanuts roasted and coarsely chopped
- ½ cup cilantro finely chopped
- ½ lime cut into 4 wedges

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MINS

SERVES: 4

INSTRUCTIONS

1. Bake, air fry, or pan-fry tofu.
2. Bring 5 cups of water to a full boil. Place the rice noodles in a bowl and pour hot water over them. Mix with a fork so the noodles separate and not stick to each other. Soak for 10 minutes. Drain the noodles and reserve. Note: Follow instructions on the package if you are using a different variety of rice noodles.
3. While the noodles are soaking, prep the vegetables. Cut the white portion of the scallions and chop them into thin strips. Dice the green part of the scallions and reserve. Thinly slice the peppers, ½ cup each of red and yellow.
4. Heat half of the oil in a large wok over high heat. Add garlic, white scallions, and peppers. Cook for 2 minutes as the garlic gets aromatic. Move the veggies to one side of the wok and add the remaining oil in the middle of the wok. Add eggs and scramble them as they start to cook.
5. Next add the cooked noodles, baked tofu, and the Pad Thai Sauce. Mix well with a pair of tongs, tossing the noodles well in the sauce and all the other ingredients. Cook for 2 to 3 minutes or until the noodles are heated through.
6. Add bean sprouts. Add half of the chopped green scallions, half of the peanuts, and half of the cilantro. Mix everything together. Serve hot topped with the remaining scallions, peanuts, cilantro, and with lime wedges.

NOTES

- Find notes and Homemade Pad Thai Sauce recipe on the blog.

Thursday: INSTANT POT MASALE BHATH



PREP TIME: 20 MIN

COOK TIME: 30 MIN

TOTAL TIME: 50 MIN

SERVES: 5

INGREDIENTS

- 1½ cups basmati rice or any white rice
- 2 tablespoon oil
- ½ teaspoon hing {asafetida} optional
- ⅓ teaspoon ground turmeric
- 1 medium onion sliced
- 1 tomato diced
- 1 to 2 green chilies minced
- 1 medium potato cubed
- 1 cup eggplant cubed
- 2 teaspoon kosher salt
- ½ teaspoon red chili powder
- 2 teaspoons ginger grated
- 2 teaspoons garlic minced
- 10 curry leaves chopped (optional)
- ¼ cup cilantro chopped
- 2½ cups water

Goda Masala Spice Blend

- 2 teaspoons coriander seeds
- 8 cloves
- 2 inch cinnamon stick
- 1 teaspoon cumin seeds
- 1 teaspoon brown sesame seeds
- 1 teaspoon poppy seeds
- 1 tablespoon unsweetened coconut shredded
- 2 green cardamom
- 15 black pepper

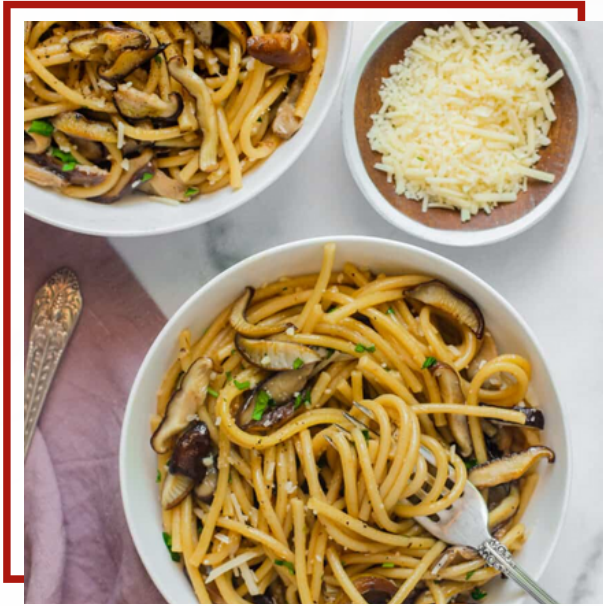
Garnish

- ½ cup cilantro chopped
- 2 tablespoon grated coconut frozen works well, optional
- 2 to 3 tablespoons ghee optional

INSTRUCTIONS

1. In a small pan, roast all the spices for Goda masala on medium heat until all the spices are hot to touch. About 2 to 3 minutes. Take the spices out in a bowl and allow them to cool. Once the spices are completely cool, grind them to a fine powder in a small spice jar. Reserve the Goda Masala spice blend.
2. Set the Instant Pot to saute mode and heat oil. Add hing and turmeric. Add onions and saute for 2 minutes. Add 1 teaspoon salt, curry leaves, ginger, garlic, and saute for a minute.
3. Add tomatoes and mix well. Press cancel and saute for another minute, deglazing the bottom of the pot. Add potatoes, eggplant, remaining 1 teaspoon salt, red chili powder, cilantro, and mix well.
4. Add the spice blend, rice, and water. Give a quick stir and close the Instant Pot lid with the pressure release valve to sealing. Pressure cook on low pressure for 5 minutes followed by 5-minute natural pressure release. Release the remaining pressure by turning the pressure release valve to venting. Open the Instant Pot and garnish with cilantro and coconut.
5. Mix gently and top with ghee. Ghee can also be added while serving. Enjoy hot with yogurt or mattha.

Friday: INSTANT POT SPAGHETTI WITH SHIITAKE MUSHROOMS



INGREDIENTS

- 4 tablespoons olive oil
- 1 pound shiitake mushrooms about 7 cups destemmed & sliced
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper add more if you like
- 2 tablespoons garlic minced
- 4 cups low sodium vegetable broth
- 1 pound pasta
- 2 tablespoons parmesan cheese grated
- 1 tablespoon parsley chopped, optional

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 6

INSTRUCTIONS

1. Turn the Instant Pot on Saute normal mode and heat oil. Add the mushrooms, salt, pepper, and give a quick stir. Add 2 tablespoons of water, mix well and cook covered with a non-locking lid for 2 to 3 minutes. Take half of the mushrooms out and reserve. Move the remaining mushrooms on one side of the pot and add to the empty surface. Add garlic to the oil and cook it for a minute as it starts to release the aromas.
2. Add ¼ cup of vegetable broth and mix well, deglazing and removing any browning on the bottom of the pot.
3. Add remaining broth, break the spaghetti in half and start layering in a criss-cross pattern. This is an important step as it prevents the spaghetti from sticking to each other.
4. Gently press the noodles so they are under the liquids. Do not mix. Layer the reserved mushrooms on top. Close the Instant Pot and pressure cook for 4 minutes followed by quick release.
5. Sprinkle cheese on top and garnish with parsley. Enjoy hot

NOTES

- Criss-cross the spaghetti noodles in the Instant Pot. This will prevent them from sticking together.
- Completely submerge the noodles in the broth. Do not mix it, but make sure all the noodles are under the broth so they can cook completely.
- Deglaze the pot with the vegetable broth and remove any browned bits. This will help the Instant Pot come to pressure and also prevent the "BURN" signal.
- Adjust pressure cook time based on the pasta you use. If the package says 8 minutes, pressure cook for 4 mins for well-cooked pasta or pressure cook for 3 mins for al dente.