



ministry of curry

WEEK OF:
11/15 - 11/19

Tip:
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Menu

MONDAY

Sweet Potato and Black Bean Burgers - V

TUESDAY

Black Bean and Corn Quesadillas

WEDNESDAY

Vegetarian Pad Thai - LC, GF

THURSDAY

Instant Pot Masale Bhath - GF, V

FRIDAY

Instant Pot Spaghetti with Shiitake Mushrooms

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

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

FROZEN

- ☐ 1 cup frozen corn

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 2- 15 oz can black beans | <input type="checkbox"/> 12 oz bean sprouts | <input type="checkbox"/> 2 oz mayo |
| <input type="checkbox"/> 8 tortillas | <input type="checkbox"/> 4 oz roasted peanuts | <input type="checkbox"/> 2 oz sriracha sauce |
| <input type="checkbox"/> 8 oz rice noodles | <input type="checkbox"/> 12 oz basmati rice | <input type="checkbox"/> 6 brioche buns |
| <input type="checkbox"/> 6 oz Pad Thai Sauce | <input type="checkbox"/> 6 oz oat flour | <input type="checkbox"/> 32 oz low sodium vegetable broth |
| | | <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"/> 3 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 |
| | <input type="checkbox"/> 12 oz bean sprouts | <input type="checkbox"/> 2 sweet potatoes |

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: SWEET POTATO AND BLACK BEAN BURGERS



PREP TIME: 30 MIN

COOK TIME: 30 MIN

TOTAL TIME: 1 HR

SERVES: 6

INGREDIENTS

- 1 can black beans rinsed and drained well
- 2 medium sweet potatoes steamed and peeled, about 2 cups **
- $\frac{3}{4}$ cup oat flour Pulse rolled oats in a blender to make coarse flour. You can also use quick oats.
- $\frac{1}{2}$ red onion finely diced
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 green chili minced
- 2 teaspoons kosher salt
- 1 teaspoon garam masala
- $\frac{1}{2}$ teaspoon ground turmeric
- 2 teaspoons ground coriander
- $\frac{1}{2}$ cup cilantro
- 1 tablespoon olive oil plus more for cooking

Sauce

- $\frac{1}{4}$ cup mayo
- 2 tablespoons sriracha sauce

To Serve

- 6 brioche buns or use your favorite burger buns
- 6 lettuce leaves cut into smaller rounds or use smaller boston lettuce leaves
- 1 small red onion thinly sliced
- 1 ripe tomato thinly sliced

INSTRUCTIONS

1. Cut the steamed potatoes into 4 to 5 pieces each and add them to a large bowl. Mash the sweet potatoes
2. Pat dry the black beans with paper towels to remove any excess moisture. Add them to the mixing bowl with sweet potatoes. Mash only about half of them so you have some whole beans. Not mashing them all gives a nice texture and bite to the burgers.
3. Add onions, cilantro, ginger, garlic, and green chili. Add turmeric, salt, ground coriander, and garam masala. Mix everything together with a rubber spatula.
4. Start mixing in a little bit of oat flour at a time. Add more oat flour as needed. The oat flour will absorb excess moisture and help form the patties. Add oil and mix it well. If making ahead you can keep this mixture in the fridge.
5. Press down the mixture in the bowl so it's evenly flattened. Using a rubber spatula, divide the mixture into 6 parts. Scoop up each part and shape it into a 4-inch patty. Add oil to your hands lightly if needed. Place the patties into a parchment paper-lined tray. Repeat with the remaining mixture.

These patties can be refrigerated for up to 24 hours.

1. Here are a few options to cook these patties:

2. Heat a non-stick pan or griddle over medium heat. Add 2 teaspoons of oil and gently pan fry 2 to 4 patties at a time, depending on the size of your pan. Allow burgers to cook on one side for 4 to 5 minutes on low medium heat before flipping over. Cook the other side for 4 to 5 minutes or until both sides are golden brown and crisp.
3. Preheat the oven to 375 degrees. Spray both sides of the burgers with oil and bake for 25 to 30 mins flipping halfway through.
4. Preheat the air fryer at 400 F for 5 minutes. Spray the Air fryer basket with oil and place 2 to 4 patties in the basket. Lightly spray the burgers with oil and air fry at 370 F for 8 to 10 minutes.

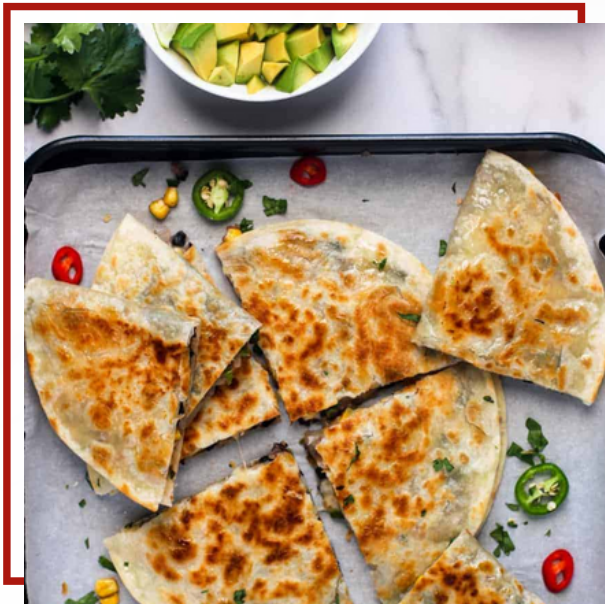
Sauce

1. Whisk together mayonnaise and sriracha in a small bowl.

Serving

1. Cut the brioche buns in half. Lightly spray or brush olive oil on both sides and heat on a stovetop griddle until the inside of the bun is golden. Place a lettuce leaf on the bottom bun. Place the burger patty and top with onions and tomatoes. Drizzle a spoonful of sriracha mayo and place the top bun over and serve.
2. For a Low Carb option, skip the bun and wrap the bun in lettuce leaves along with onions, tomatoes, and sriracha sauce. You can also serve the patty over a bed of arugula, topped with onion, tomatoes, and sriracha mayo.

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



PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MINS

SERVES: 4

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

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

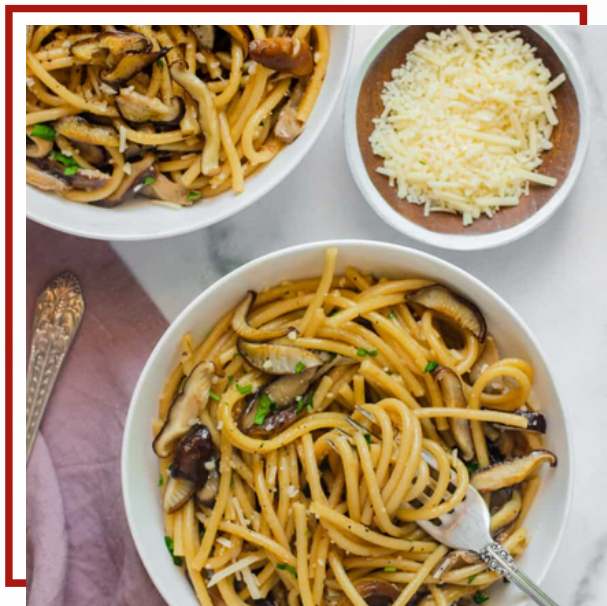
Garnish

- 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.