



# ministry of curry

WEEK OF:  
11/22 - 11/26

Tip:  
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# Menu

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## MONDAY

Instant Pot Chana Saag - V, GF

## TUESDAY

Fish Curry with Coconut

## WEDNESDAY

Vegetarian Mulligatawny Soup - VG

## THURSDAY

Instant Pot Whole Tandoori Chicken

## FRIDAY

Pasta with Tomato Cream Sauce Instant Pot Recipe - VG

## COOKING ICONS



Gluten-Free



Low Carb



Vegetarian



Vegan



Pot-in-pot

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

# Grocery Shopping List

## PROTEIN & DAIRY

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- ☐ 1 pound halibut fillet
- ☐ 4 to 5½ pounds whole chicken

## FROZEN

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- ☐ 4 oz fresh grated coconut

## PANTRY

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- ☐ 1 15 oz canned chickpeas
- ☐ 1 can unsweetened coconut milk
- ☐ 3 oz masoor dal
- ☐ 3 oz all purpose flour
- ☐ 32 oz low sodium vegetable broth
- ☐ 8 oz low sodium chicken broth

## PRODUCE

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- ☐ 2 lemons
- ☐ 6 yellow onions
- ☐ 1 small cauliflower
- ☐ 2 tomatoes
- ☐ 5 oz baby spinach
- ☐ 1 bunch cilantro
- ☐ 1 red onion
- ☐ 4 oz celery sticks
- ☐ 1 carrot
- ☐ 4 inch ginger root
- ☐ 1 apple
- ☐ 3 garlic bulbs

## SPICES

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- ☐ mustard seeds
- ☐ [garam masala](#)
- ☐ Kashmiri red chili powder
- ☐ ground turmeric
- ☐ aamchoor powder
- ☐ 10 whole black peppercorns
- ☐ ground cumin
- ☐ 8 cloves
- ☐ 1 cinnamon stick
- ☐ ground coriander

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 CHANA SAAG



PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 3

## INGREDIENTS

- 1 15 oz canned chickpeas rinsed and drained, or 2 cups soaked chickpeas (1 cup dry, soaked overnight)
- 1 tablespoon ghee or oil for vegan
- 1 small onion chopped fine
- 1 teaspoon ginger grated
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- 1 teaspoon kashmiri red chilli powder or paprika
- 1 teaspoon kosher salt
- 1 medium tomato diced
- ⅓ cup water
- ½ teaspoon garam masala
- ½ teaspoon aamchoor powder dry mango powder or 1 tablespoon lemon juice
- 4-6 cups fresh baby spinach chopped

## INSTRUCTIONS

1. Turn Instant Pot to saute mode. Once the 'hot' sign displays, add ghee. Add onions and mix well. Cook for 2 mins with a glass lid on.
2. Add ginger, garlic, cumin powder, turmeric, red chili powder, and salt. Cook for 30 secs.
3. Add tomatoes and mix everything together. Add water and chickpeas. Mix well.
4. Close Instant Pot with pressure valve to sealing position. Pressure cook for 4 minutes. (If using pre-soaked chickpeas cook for 25 mins)
5. Quick-release the pressure or if you have time Natural Release is fine too. Open the Instant Pot and set it on Saute mode.
6. Add garam masala and dry mango powder. Add Spinach. Mix everything together and cook for 2-3 mins. Serve hot with Rice or Parathas. For low carb option serve with cauliflower rice.

## NOTES

### Variations

- To make vegan Chana Saag, simply substitute ghee with oil.
- You can make pot in pot white rice along with chana saag when using canned chickpeas. Add 1 cup basmati rice, 1.5 cups of water, 1 teaspoon of salt in a stainless steel pot and place over the tall trivet.
- If using pre-soaked chickpeas, add an extra ½ cup of water and pressure cook for 25 minutes followed by a 10-minute natural pressure release. You can also make pot in pot brown rice when using soaked chickpeas as they have a similar cook time to brown rice. Add 1 cup brown rice, 1.5 cups of water in a stainless steel pot, and place over the tall trivet.
- Substitute spinach with your favorite greens like finely chopped kale, swiss chard, or beet leaves.



## Tuesday: FISH CURRY WITH COCONUT



### INGREDIENTS

- 1 pound halibut or catfish boneless skinless fillet
- 1 tablespoon lemon juice
- 1 tomato cut into 4 pieces
- 1 small red onion roughly chopped
- 4 tablespoons fresh grated coconut
- ½ inch ginger peeled and chopped
- 4 garlic cloves
- 1 tablespoon cooking oil
- ½ teaspoon mustard seeds
- ¼ teaspoon ground turmeric
- 2 teaspoon Kashmiri red chili powder
- 1 teaspoon kosher salt
- ½ cup water

PREP TIME: 10 MIN

COOK TIME: 15 MIN

TOTAL TIME: 25 MIN

SERVES: 3

### INSTRUCTIONS

1. Wash and drain the fish. Cut into 2-inch cubes and apply 1 tablespoon of lemon juice.
2. Puree onion, tomatoes, coconut, ginger, and garlic to a fine paste.
3. Heat oil in a medium pan. Add mustard seeds and once they start to splutter carefully add the onion and tomato puree.
4. Add turmeric and red chili powder and cook on medium heat for 5 minutes until the oil starts to separate stirring occasionally.
5. Drain any water/lemon juice from the fish and add the fish to the pan.
6. Add salt, water and gently mix together the sauce and the fish. Cook covered on medium heat for 5 mins. For thicker fish cook up to 10 mins. Add more water if needed to bring the gravy to your desired consistency.
7. Serve with Hot Basmati rice and lime wedges.

# Wednesday: VEGETARIAN MULLIGATAWNY SOUP



## INGREDIENTS

- 1 tablespoon oil
- ½ cup yellow onion finely diced
- 1 tablespoon garlic minced
- ½ cup celery sticks thinly sliced
- ½ cup apple diced
- ½ cup carrots peeled and sliced
- 2 cups cauliflower cut into small inch florets
- ⅓ cup masoor dal rinsed and drained
- 2 cups low sodium vegetable broth
- 1 teaspoon garam masala
- ¼ teaspoon ground turmeric
- 1 teaspoon black pepper
- 1 teaspoon kosher salt
- ¾ cup coconut milk unsweetened
- ¼ cup cilantro chopped

PREP TIME: 10 MIN

COOK TIME: 25 MIN

TOTAL TIME: 35

SERVES: 4

## INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add onion, garlic, and celery. Saute for a minute
2. Add apple, carrots, cauliflower, and masoor dal. Add salt, black pepper, turmeric, and garam masala. Add the broth and give a quick stir. Pressure cook for 6 minutes followed by 5 mins of natural pressure release or you can do a full natural pressure release
3. Using a hand blender, blend the soup. If you like hearty texture blend only for 10 seconds. If you like it creamy, blender for a minute
4. Stir in coconut milk. Garnish with cilantro and serve hot

## NOTES

### Stove-top instructions

- In a heavy-bottomed pot or a dutch oven heat oil. Add onion, garlic, and celery. sauté for a minute
- Add apple, carrots, cauliflower, and masoor dal. Add salt, black pepper, turmeric, and garam masala. Add the broth and give a quick stir. Cook covered on medium heat for 30 minutes or until all the veggies are cooked soft
- Using a hand blender, blend the soup. If you like hearty texture blend only for 10 seconds. If you like it creamy, blender for a minute
- Stir in coconut milk. Garnish with cilantro and serve hot

# Thursday: INSTANT POT WHOLE TANDOORI CHICKEN



PREP TIME: 10 MIN

COOK TIME: 50 MIN

MARINATING TIME: 8 HRS

TOTAL TIME: 9 HRS

SERVES: 8

## INGREDIENTS

- 4 to 5½ pounds whole chicken

### Stuffing

- 10 whole black peppercorns
- 8 cloves
- 1 cinnamon stick
- ½ large yellow onion chopped

### Marinade:

- 1 to 2 tablespoons Kashmiri red chili powder
- ½ teaspoon ground turmeric
- 1½ tablespoons kosher salt
- 1 tablespoon garam masala
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste
- 3 tablespoons lemon juice
- 3 tablespoons oil

### Gravy:

- ☐ 1 yellow onion diced
- ☐ 3 garlic cloves
- ☐ 1 cup low sodium chicken broth
- ☐ 3 tablespoons all-purpose flour
- ☐ ¼ cup water

## INSTRUCTIONS

1. Remove the bag of giblets from inside the chicken. Pat dry the chicken from outside and inside with paper towels and remove any excess moisture. Trim any excess fat from the chicken.
2. Make small slits on the chicken so that the marinade can reach inside the chicken
3. Stuff the inside of the chicken with onions, lemon slices, whole black peppercorn, cloves, and a cinnamon stick. Tie the legs with kitchen twine.
4. Spread the marinade evenly on both sides of the chicken. With the breast side up, spread the marinade under the chicken skin with a spoon. Allow the chicken to marinate for 6 to 8 hours or overnight in the refrigerator. When ready to cook, take out the chicken an hour before so it comes to room temperature.
5. Lightly brush or spray the chicken with oil. Set the Instant Pot to saute mode and heat ghee or oil. If you are making gravy with the tandoori chicken, add onions and garlic cloves and saute for 2 minutes. Add chicken broth. Place the chicken on the trivet and carefully put the trivet inside the Instant Pot.
6. Close the lid and pressure cook for 30 minutes. Allow 10 minutes of natural pressure release and then open the Instant Pot. Carefully take the chicken out and blend the gravy using an immersion blender. Mix all-purpose flour in water and stir in to thicken the gravy and bring it to a gentle boil. Serve the chicken with the hot gravy.

## NOTES

For more notes and tips visit [this recipe on the blog](#).



# Friday: INSTANT POT PASTA WITH TOMATO CREAM SAUCE



## INGREDIENTS

- 1 pound uncooked Penne Rigate ( ~ 6 cups)
- 2 cups low sodium broth
- 2 cups water
- 1 teaspoon garlic powder
- ½ teaspoon red chili flakes
- 1 teaspoon kosher salt
- 2 cups tomato sauce plain or marinara
- 1 cup heavy cream
- 2 tablespoons grated parmesan
- ¼ cup basil or parsley chopped

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 6

## INSTRUCTIONS

1. Add the pasta, broth, garlic powder, red pepper, salt to the Instant Pot insert. Layer tomato sauce on top. Gently push all pasta under liquids. Do not mix.
2. Close the Instant Pot with pressure valve to sealing. Press Manual / Pressure Cook (Hi) and adjust cook time to 4 minutes. Quick Release.
3. Stir in the cream and mix until smooth. Add parmesan cheese and chopped basil or parsley.

## NOTES

- We are using a full box of pasta in this recipe.
- Using penne pasta in this recipe, which has stove cook time of 10 minutes. To adjust for Instant Pot cook time – Divide the cook time by half and minus one for al dente pasta. Hence we are pressure cooking for 4 minutes.
- Always have enough water or broth to cover most of the pasta underwater. Depending on the shape of pasta you may need more or less liquids.



# Special: THANKSGIVING DINNER



INSTANT POT WHOLE  
TANDOORI CHICKEN



WHOLE ROASTED  
TANDOORI CAULIFLOWER



JALAPEÑO CHEDDAR  
CORNBREAD



KALE SALAD WITH  
ALMONDS



CRANBERRY APPLE  
SAUCE



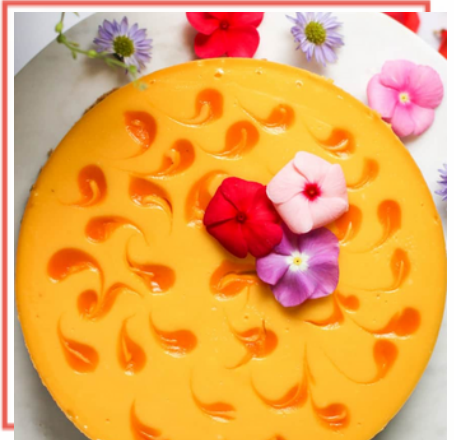
SWEET POTATO  
CASSEROLE



MULLED APPLE CIDER



APPLE CAKE



MANGO CHEESECAKE

Happy Holidays from ministry of curry