



ministry of curry

WEEK OF:
11/22 - 11/26

Tip:
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Menu

MONDAY

Instant Pot Chana Saag - V, GF

TUESDAY

Green Bean Curry

WEDNESDAY

Vegetarian Mulligatawny Soup

THURSDAY

Whole Roasted Tandoori Cauliflower

FRIDAY

Pasta with Tomato Cream Sauce Instant Pot Recipe

COOKING ICONS

(GF) Gluten-Free (LC) Low Carb (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"/> 8 oz heavy cream | <input type="checkbox"/> 2 oz grated parmesan cheese |
| <input type="checkbox"/> 2 oz yogurt | <input type="checkbox"/> 8 oz greek yogurt |

FROZEN

- ☐ 4 oz fresh grated coconut

PANTRY

- | | | |
|---|---|---|
| <input type="checkbox"/> 1 15 oz canned chickpeas | <input type="checkbox"/> 16 oz marinara sauce | <input type="checkbox"/> 3 oz masoor dal |
| <input type="checkbox"/> 1 lb penne pasta | <input type="checkbox"/> 32 oz low sodium vegetable broth | <input type="checkbox"/> 1 can unsweetened coconut milk |
| | <input type="checkbox"/> 2 oz pistachios | <input type="checkbox"/> pickled onions |

PRODUCE

- | | | |
|---|---|--|
| <input type="checkbox"/> 2 yellow onions | <input type="checkbox"/> 5 oz baby spinach | <input type="checkbox"/> 2 cauliflower heads |
| <input type="checkbox"/> 2 inch ginger root | <input type="checkbox"/> 4 oz celery sticks | <input type="checkbox"/> 1 bunch cilantro |
| <input type="checkbox"/> 2 garlic bulbs | <input type="checkbox"/> 1 apple | <input type="checkbox"/> 1 bunch basil |
| <input type="checkbox"/> 1 tomato | <input type="checkbox"/> 2 oz pomegranate seeds | <input type="checkbox"/> 1 pound green beans |
| <input type="checkbox"/> 1 potato | <input type="checkbox"/> 2 lemons | <input type="checkbox"/> 1 carrot |
| | | <input type="checkbox"/> 2 small persian cucumbers |

SPICES

- | | | |
|---|--|--|
| <input type="checkbox"/> aamchoor powder | <input type="checkbox"/> garam masala | <input type="checkbox"/> Kashmiri red chili powder |
| <input type="checkbox"/> garlic powder | <input type="checkbox"/> ground turmeric | <input type="checkbox"/> ground cumin |
| <input type="checkbox"/> red chili flakes | <input type="checkbox"/> ground coriander | <input type="checkbox"/> dried fenugreek leaves |
| <input type="checkbox"/> cumin seeds | | |

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: GREEN BEAN CURRY



INGREDIENTS

- 1½ tablespoons oil
- 1 teaspoon cumin seeds
- ½ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or a mild variety
- 2 teaspoon ground coriander
- 1½ teaspoons kosher salt
- 1 pound green beans trimmed & cut into 1-inch pieces, about 3 cups
- 1 medium potato peeled and cut into ½-inch cubes
- ¼ cup water
- ½ lemon
- ¼ cup cilantro finely chopped

PREP TIME: 15 MIN

COOK TIME: 15 MIN

TOTAL TIME: 30 MIN

SERVES: 4

INSTRUCTIONS

1. Turn the Instant Pot to saute mode and heat oil. Add cumin seeds and allow them to sizzle. Add turmeric and mix well. Add green beans, salt and mix well. Add water and mix well. Add potatoes, layer over red chili powder, coriander. Do not mix.
2. Pressure cook for 2 minutes followed by quick release. Open the Instant Pot and squeeze lemon juice. Mix well, garnish with cilantro and enjoy with hot rotis.

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

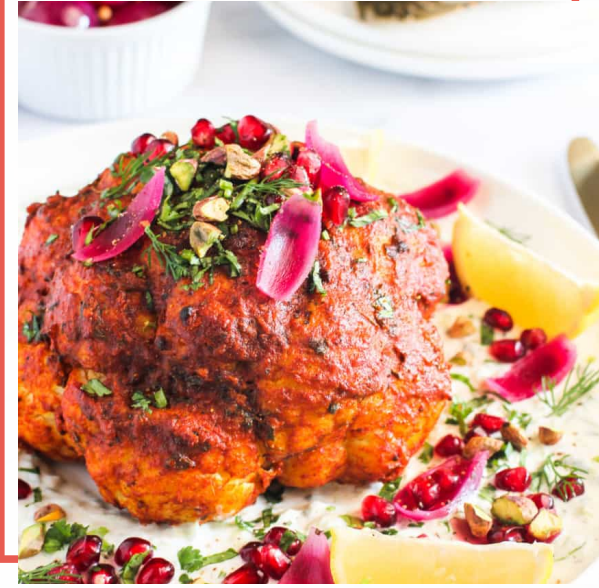
1. Set the Instant Pot to saute mode and heat oil. Add onion, garlic, and celery. Saute for a minute
2. Add apple, carrots, cauliflower, and masoor dal. Add salt, black pepper, turmeric, and garam masala. Add the broth and give a quick stir. Pressure cook for 6 minutes followed by 5 mins of natural pressure 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: WHOLE ROASTED TANDOORI CAULIFLOWER



PREP TIME: 10 MIN
COOK TIME: 15 MIN
TOTAL TIME: 25 MIN
SERVES: 4

INGREDIENTS

- 1 cauliflower head trimmed (2.12 pounds before removing the leaves and stems, 1.3 pounds after)
- 2 teaspoons kosher salt
- ½ teaspoon ground turmeric
- 2 tablespoons water
- 1 tablespoon olive oil for basting

Marinade:

- 2 tablespoons yogurt
- 1 to 3 teaspoons kashmiri red chili powder
- ½ teaspoon garam masala
- ½ teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 1 teaspoon kosher salt
- 1 tablespoon dried fenugreek leaves
- 1 tablespoon olive oil

Raita:

- 1 cup greek yogurt
- 2 small persian cucumbers peeled and grated
- 1 garlic clove grated
- ¼ teaspoon ground cumin
- 2 tablespoons cilantro chopped
- ½ teaspoon kosher salt

Garnish:

- 2 tablespoons roasted pistachios rough chopped
- 2 tablespoons pomegranate seeds or cranberries/raisins
- 2 tablespoons cilantro finely chopped
- 5 pickled onions
- 4 Lemon wedges

INSTRUCTIONS

Step 1: Brine and Steam the Cauliflower:

1. Add 1 cup water to Instant Pot.
2. Place the cauliflower head on the trivet and place the trivet inside the Instant Pot
3. Mix salt and turmeric in 2 tablespoons of water and brush it all over the cauliflower. Turn the cauliflower over and evenly pour any remaining paste on it. Then place the cauliflower back on the trivet with the stem down. Close the Instant Pot with pressure valve to sealing. Set the Instant Pot to Manual/Pressure cook(hi) for 1 minute. Quick-release and open the Instant Pot.

Step 2: Marinate and Roast

1. Mix all the ingredients for the marinade in a small bowl. Apply the marinade on the steamed cauliflower using a brush or silicone spatula. You can also turn the cauliflower over to get any remaining marinade under the cauliflower. Then place the cauliflower back on the trivet with the stem down. Apply the remaining 1 tablespoon of oil over the cauliflower.
2. Place the CrispLid on top of the Instant Pot and adjust the temperature to 400 degrees and cook time to 5 minutes. You can also roast in a preheated oven at 400 degrees for 5 to 10 minutes.

Step 3: Raita

1. In a bowl, add finely grated cucumber, salt, grated garlic, ground cumin and cilantro. Add yogurt and mix well.
2. Plating:
3. Place the cauliflower in a medium serving platter. Pour Raita around the cauliflower. Garnish with cilantro, pistachios, pomegranates and pickled onions. Add lemon wedges to the side.
4. Cut into ½ inch steaks while serving.

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



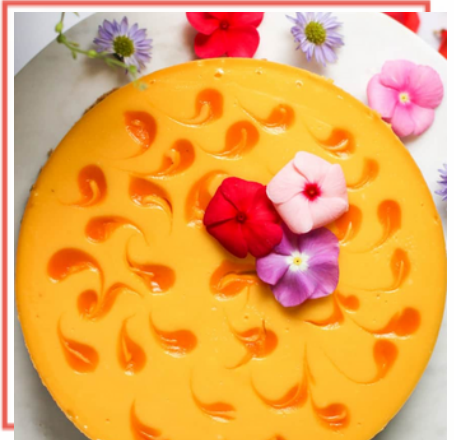
SWEET POTATO
CASSEROLE



MULLED APPLE CIDER



APPLE CAKE



MANGO CHEESECAKE

Happy Holidays from ministry of curry