



ministry of curry

WEEK OF:
12/06 - 12/10

Tip:
You can
click on
orange font



Menu

MONDAY

Instant Malai Kofta

TUESDAY

Turmeric Roasted Cauliflower Tacos - GF, LC

WEDNESDAY

Instant Pot Chickpea Biryani

THURSDAY

Instant Pot Misir Wot - Ethiopian Spicy Lentil Stew - GF

FRIDAY

Instant Pot Creamy Tomato Bisque - GF, LC

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

☐ 4 oz heavy cream

FROZEN

☐ 24 frozen vegetable balls

PANTRY

☐ 2 oz tomato paste

☐ 8 oz split red lentils

☐ 12 corn tortillas

☐ 24 oz extra long grain Basmati rice

☐ 4 oz can chipotle peppers in adobo sauce

☐ 1 can unsweetened coconut milk

☐ 4 oz Mayo

☐ 12 oz low sodium vegetable broth

PRODUCE

☐ 3 inch ginger root

☐ 1 garlic bulbs

☐ 2 yellow onions

☐ 2 celery sticks

☐ 1 bunch cilantro

☐ 1 small bunch oregano

☐ 1 small bunch fresh basil

☐ 1 small bunch mint

☐ 9 tomatoes

☐ 1 cauliflower

☐ 1 small red cabbage

☐ 1 small green cabbage

☐ 4 carrots

☐ 1 avocado

☐ 3 limes

☐ 2 green chillies

☐ 2 red onions

☐ 1 small bunch parsley

SPICES

☐ ground turmeric

☐ Kashmiri red chili powder

☐ dried fenugreek leaves

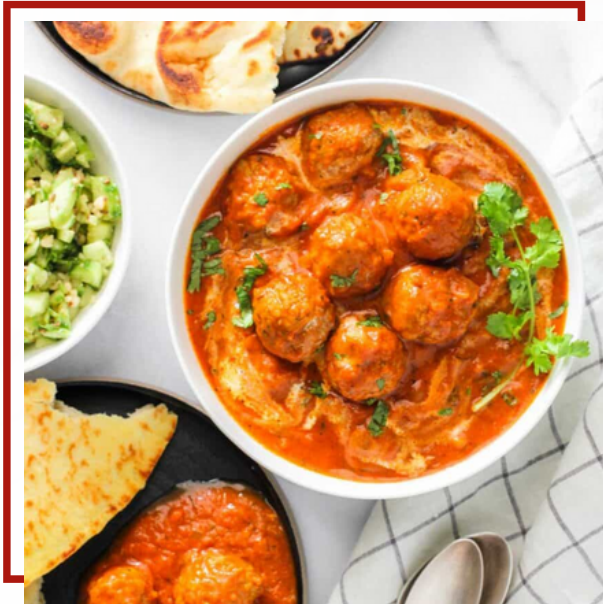
☐ berbere spice blend

☐ garam masala

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 MALAI KOFTA



INGREDIENTS

- 2 tablespoons ghee
- 1 large onion finely chopped
- 1 teaspoon salt
- 1 tablespoon fresh ginger grated
- -1 tablespoon fresh garlic minced
- ½ teaspoon ground turmeric
- 1 tablespoon Kashmiri red chili powder or any mild red chili powder
- 3 plum tomatoes pureed
- 1 can coconut milk regular and not low fat
- 2 tablespoons tomato paste
- 1 teaspoon garam masala or to taste
- 2 tablespoons dried fenugreek leaves
- 2 teaspoon sugar
- 24 frozen vegetable balls IKEA, Trader Joe's or similar brands
- ¼ cup cilantro chopped, for garnish

PREP TIME: 5 MIN

COOK TIME: 15 MIN

TOTAL TIME: 20 MIN

SERVES: 7

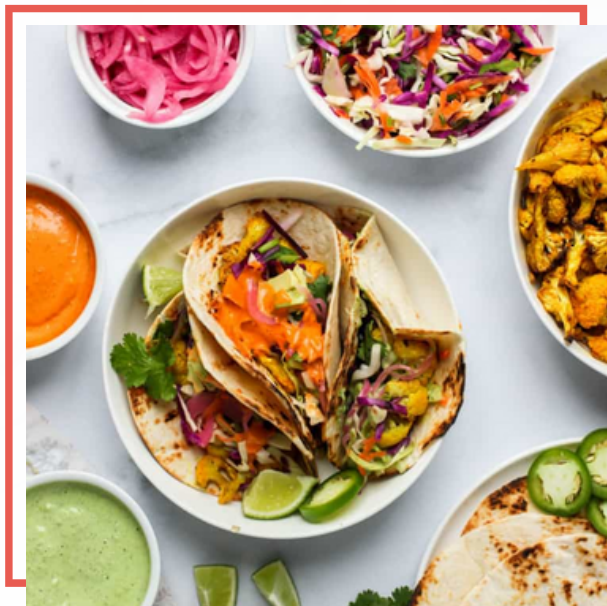
INSTRUCTIONS

1. Set Instant Pot on Saute(More) mode and heat ghee. Add onions and salt. Cook until onions are soft and translucent for 2 minutes (with a glass lid on to speed this process)
2. Add ginger, garlic, turmeric, and red chili powder. Mix well. Separate the coconut cream and water. Keep the coconut cream aside. Add only the watery portion of coconut milk and pureed tomatoes mixing with spices.
3. Close Instant Pot with pressure valve to sealing position. Cook on Manual / Pressure Cook (Hi) for 4 minutes followed by quick release.
4. Open the Instant Pot, allow it to cool for a couple of minutes. Using a hand blender, carefully blend the sauce until smooth. Stir in tomato paste, garam masala, fenugreek leaves, and sugar.
5. Add frozen veggie balls and cook them on saute mode for 5 minutes or until the veggie balls are heated through.
6. Add the coconut cream and gently stir everything together. Garnish with cilantro. Enjoy with steamed rice, parathas or as a sauce and topping on homemade pizzas.

NOTES

- Do not add the meatballs during pressure cooking. Add them after the pressure cooking cycle completes and then cook on saute mode until heated through.
- You can use 1 cup of store-bought tomato puree instead of homemade fresh tomato puree
- In addition to IKEA meatballs, I have also tried and liked Trader Joe's, Whole Foods, and Wegman's meatless meatball options
- You can make this recipe with heavy cream or cashew cream instead of coconut cream. Simply replace the coconut milk water with half a cup of plain water and stir in half a cup of heavy cream or cashew cream after pressure cooking

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.

ministry of curry

Wednesday: INSTANT POT CHICKPEA BIRYANI



INGREDIENTS

- 1 cup dry chickpeas soaked overnight in warm water (will be 2 cups soaked)
- 3 tablespoons ghee divided
- 1 large yellow onion thinly sliced
- 1 teaspoon ginger grated
- 1 teaspoon garlic grated
- 2 green chilies slit into half (optional)
- ¼ teaspoon ground turmeric
- 1 teaspoon Kashmiri red chili powder or any mild red chili powder
- 1½ cups water to pressure cook chickpeas
- 1 teaspoon garam masala
- 3 teaspoon kosher salt divided
- 2 cups long-grain basmati rice
- 2 cups water
- ½ cup mint leaves chopped
- ½ cup cilantro chopped + ¼ cup for garnish

PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

SERVES: 5

INSTRUCTIONS

1. Turn the Instant Pot to Saute mode and heat 2 tablespoons of ghee.
2. Add onions and saute for 10 mins, stirring frequently until the onions are caramelized. Take out half of the onion and reserve for garnishing the biryani.
3. Wash and soak the rice for 20 minutes. Drain after 20 mins and keep aside.
4. Add remaining ghee to the IP with half of the caramelized onions already in the pot. Add drained chickpeas, ginger, garlic, chilies, turmeric, red chili powder, garam masala, 1 teaspoon salt and water. Mix well.
5. Close the Instant pot and turn the pressure valve to sealing. Pressure Cook for 20 minutes followed by quick release.
6. Stir the chickpeas well. Spread the chopped mint and cilantro evenly over the chickpeas. Add drained rice, remaining salt and water. Make sure all the rice is under the water. Close the Instant Pot lid with the pressure valve to sealing. Pressure Cook for 6 mins. Allow 5 mins natural pressure release.
7. Open the Instant Pot and garnish with the reserved caramelized onions and cilantro. Gently fluff the rice.
8. Serve with cucumber raita and lime wedges.

NOTES

- If the top layer of rice looks a bit undercooked, simply fluff the top layer of the rice with a fork and keep the Instant Pot for 5 more minutes.
- Use oil instead of ghee to make the Biryani vegan.
- To make simple cucumber raita, mix 2 peeled and diced persian cucumbers with 1 cup of plain yogurt and a sprinkle of salt. Garnish with chopped cilantro.
- [See recipe on blog for more variations](#)

Thursday: 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

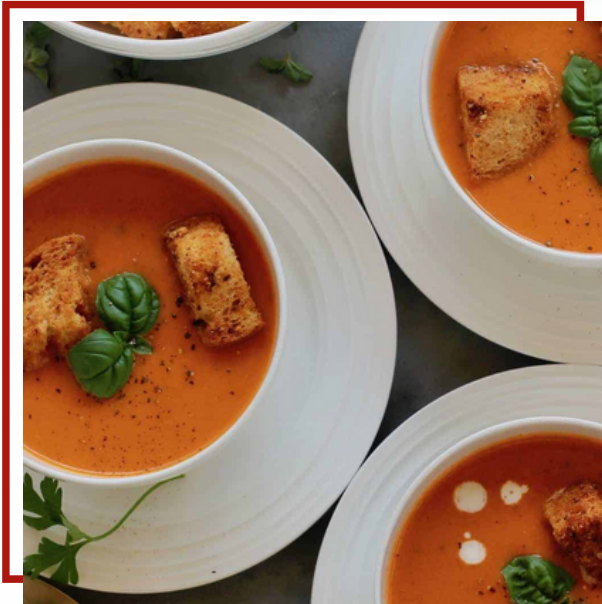
1. Turn Instant Pot to Saute mode. After the 'hot' sign displays, add oil and onions. Mix well. Cook covered with a glass lid for 2 minutes.
2. Add ginger and garlic. Mix well and cook for 30 seconds.
3. Add red lentils, berbere spice blend, and salt. Add 2 cups of water and mix everything together.
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.

Friday: INSTANT POT CREAMY TOMATO BISQUE



PREP TIME: 10 MIN
COOK TIME: 20 MIN
TOTAL TIME: 30 MIN
SERVES: 4

INGREDIENTS

- 1 tablespoon olive oil
- ½ cup onion diced
- ½ cup celery sliced
- 1 cup carrots peeled and sliced
- 3 garlic cloves peeled
- 1 tablespoon fresh oregano chopped
- 1 tablespoon fresh parsley chopped
- 1 tablespoon fresh basil chopped
- 6 tomatoes 2 pounds , quartered or 1 28 oz can of peeled tomatoes
- 1½ cup low sodium broth Note: I use the Better Than Bouillon Organic Vegetable Base
- 1½ teaspoon salt
- 1 tablespoon honey optional
- ¼ teaspoon black pepper or to taste
- ½ cup heavy cream

INSTRUCTIONS

1. Set the Instant Pot to saute mode and heat oil. Add onion, celery, garlic, carrots, tomatoes, oregano, basil and parsley cook for a minute until fragrant.
2. Add broth and salt. Mix well. Close the Instant Pot with pressure valve to sealing.
3. Pressure Cook for 8 minutes. Followed by quick release or natural pressure release.
4. Open the Instant Pot, and carefully puree the soup using an immersion blender.
5. Set the Instant Pot to Saute mode. Stir in honey, cream and pepper. Ladle into bowls, sprinkle some cayenne pepper for an extra kick. Enjoy hot with crunchy croutons.

NOTES

1. Vegan variation: Substitute heavy cream with coconut cream, cashew cream, or corn slurry (2 tablespoons corn starch mixed in ¼ cup of water)
2. You can use dried herbs instead of fresh in this recipe. Just reduce the amount of herbs in half.