



*ministry
of curry*

WEEK OF:
12/06 - 12/10

Tip:
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Menu

MONDAY

Instant Malai Kofta - VG

TUESDAY

Chicken Tinga Tacos - GF, LC

WEDNESDAY

Instant Pot Chicken Biryani

THURSDAY

Instant Pot Misir Wot - Ethiopian Spicy Lentil Stew - GF

FRIDAY

Instant Pot Creamy Tomato Bisque - GF, LC


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

- 4 oz heavy cream
- 2 pounds chicken breasts
- 16 oz plain yogurt
- 6 eggs
- 2 pounds whole bone in chicken skinless

FROZEN

- 24 frozen vegetable balls

PANTRY

- 2 oz tomato paste
- 24 oz extra long grain Basmati rice
- 4 oz low sodium chicken broth
- 8 oz split red lentils
- 4 oz can chipotle peppers in adobo sauce
- 12 oz low sodium vegetable broth
- 12 corn tortillas
- 1 can unsweetened coconut milk

PRODUCE

- 3 inch ginger root
- 2 celery sticks
- 1 jalapeno
- 2 garlic bulbs
- 2 carrots
- 1 red onion
- 3 plum tomatoes
- 9 tomatoes
- 6 yellow onions
- 2 bunches cilantro
- 4 small radishes
- 1 small bunch fresh basil
- 1 small bunch mint
- 1 small green cabbage
- 1 small bunch fresh parsley
- 1 lemon
- 1 avocado
- 1 small bunch fresh oregano
- 1 lime

SPICES

- pav bhaji masala
- dried fenugreek leaves
- 2 bay leaves
- Kashmiri red chili powder
- berbere spice blend
- saffron
- 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: INSTANT POT CHICKEN TINGA TACOS



PREP TIME: 10 MIN

COOK TIME: 30 MIN

TOTAL TIME: 40 MIN

SERVES: 6

INGREDIENTS

Sauce

- 1 can chipotle peppers in adobo
- 1 large tomato quartered
- 4 garlic cloves

Other Ingredients

- 2 tablespoons oil
- 1 large yellow onion thinly sliced
- 2 tomatoes diced
- 2 pounds chicken breasts
- ½ cup low sodium chicken broth
- 2 teaspoons kosher salt
- 1 teaspoon cayenne pepper optional to taste

To serve:

- 12 corn tortillas
- ½ cup cilantro chopped
- 4 radishes thinly sliced
- 1 cup cabbage shredded (purple or green)
- 1 avocado mashed
- ½ cup pepper jack cheese or cotija or queso fresco (optional)
- 1 lime cut in wedges

INSTRUCTIONS

1. Puree quartered tomato, garlic, and half a can of chipotle peppers with adobo sauce and set aside. Tip: Double up all the ingredients here, so you can use the full 7 ounces can of Chipotle peppers in adobo, 2 tomatoes, and 8 garlic cloves. This will make a little over a cup of sauce. Use half and freeze half for later or add more sauce for extra heat in the end!
2. Turn the Instant Pot to Saute mode and heat oil. Add sliced onions and cook for a minute with a glass lid on. Add diced tomatoes, chicken breasts, broth, and salt. Pour the pureed sauce over the chicken breasts. Pressure Cook for 8 minutes.
3. Allow 10 minutes of natural pressure release. Open the Instant Pot, take the chicken out, and shred it using two forks. Put the shredded chicken back in the pot and turn the Instant Pot to Saute mode. Cook for 5 mins or until the sauce thickens to the desired consistency. Adjust salt and add cayenne pepper to taste.
4. To serve: Cook the corn tortilla directly over medium flame until it gets a few charred marks. Serve with cabbage, red onions, cilantro, avocado, cheese, and a squeeze of fresh lime.

NOTES

- To serve as a low carb option, serve the chicken tinga with all the toppings on a bed of chopped romaine lettuce instead of tortilla

Wednesday: INSTANT POT CHICKEN BIRYANI



PREP TIME: 40 MIN

COOK TIME: 40 MIN

TOTAL TIME: 80 MIN

SERVES: 8

INGREDIENTS

- 2 teaspoons garam masala Add 3 teaspoons for spicier Biryani
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon Kashmiri red chili powder
- ½ teaspoon ground turmeric
- ¼ cup mint leaves
- ¼ cup cilantro chopped
- 2 tablespoons lemon juice
- ¾ cup plain yogurt
- 2 teaspoons kosher salt
- 2 pounds whole bone-in chicken skinless cut into 12 pieces (If using chicken thighs cut into 2-inch pieces)

Other Ingredients

- 4 tablespoons ghee divided
- 2 large yellow onions thinly sliced
- 2 bay leaves
- 3 cups extra-long grain Basmati rice
- 2 teaspoon kosher salt
- 3 cups water
- 1 teaspoon saffron mixed in 1 tablespoon warm milk
- 6 eggs hard-boiled and shelled, optional
- 1 jalapeno sliced into 8 wedges optional for extra spicy **

Raita

- 2 cups plain yogurt
- 1 medium yellow onion finely diced
- 2 tomatoes diced
- ½ teaspoon kosher salt
- 1 tablespoon cilantro chopped

INSTRUCTIONS

1. Make Marinade by mixing garam masala, ginger, garlic, red chili powder, turmeric, mint leaves, half of the chopped cilantro, lemon juice, yogurt, and salt. Add chicken and coat evenly with the marinade. Keep in the refrigerator for at least 30 minutes.
2. While the chicken is marinating, wash and soak the basmati rice in water. Keep aside for 20 minutes.
3. Turn the Instant Pot to Saute(Hi). After the 'hot' sign displays, add half of the ghee and add thinly sliced onions. Cook stirring frequently for 10 minutes or until the onions are golden brown and caramelized. Take out half of the onion and keep it aside for garnishing the biryani.
4. Add the remaining ghee to the Instant Pot with half of the caramelized onions already in the pot. For extra spicy Biryani add sliced jalapeno. Add bay leaves and half of the marinated chicken and the liquid from the marinade. Press Cancel. Mix well, deglazing the pot with a spatula to take out all the browning of the pot from sautéing the onions. This is an important step that will prevent the possible "BURN" signal during pressure cooking. Once all the browning on the pot is completely removed, stir in the remaining chicken.
 - a.a) For Chicken on bone - Close the Instant Pot and turn the pressure valve to sealing. Select Manual/Pressure Cook(Hi) and adjust the time to 4 minutes. Follow with Quick release. Mix the chicken well, once again scraping the bottom of the pot removing any food stuck to the bottom.
 - b. or
 - c. b) For boneless Chicken thighs - Cook on Saute mode for 2 to 3 minutes. Scrape the bottom of the pot to make sure there is no food sticking to the bottom.
5. Drain the rice and gently pour it over the chicken. Add salt from the other ingredients list. Add water and gently push all the rice under the liquids. Do not stir. Close the Instant Pot and turn the pressure valve to sealing. Select Manual/Pressure Cook(Hi) mode and adjust the time to 6 minutes. Follow with Quick release.
6. Open the Instant Pot. If the top layer of the rice looks uncooked, simply fluff the top layer of the rice. Then mix the rice with the chicken on the bottom of the pan. Using a silicone spatula to gently mix will also prevent the rice grains from breaking.
7. Garnish with the remaining caramelized onions, saffron mixed with milk and cilantro. Serve with Raita, hard-boiled egg, and lemon wedges.

Raita

1. To make the raita, whisk the yogurt in a medium bowl. Add onions, tomatoes, salt, and mix well. Garnish with cilantro.

NOTES

- Please visit the recipe on the blog for notes and a stovetop version.

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

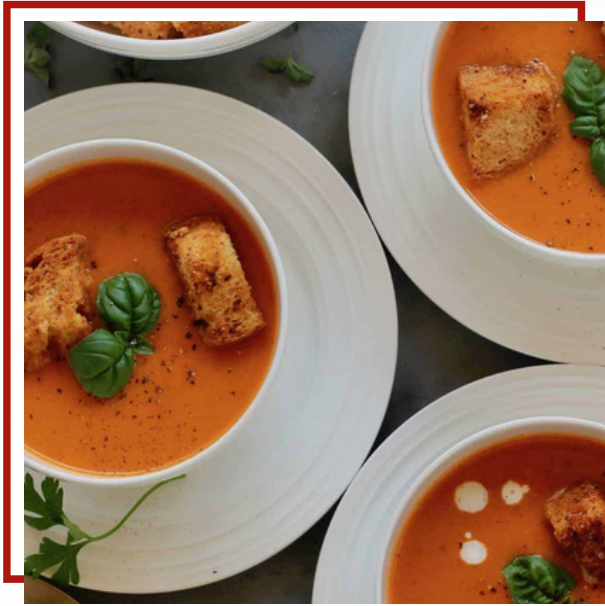
1. Turn Instant Pot to Saute mode. After the 'hot' sign displays, add oil and onions. Mix well. Cook covered with a glass lid for 2 minutes.
2. Add ginger and garlic. Mix well and cook for 30 seconds.
3. Add red lentils, berbere spice blend, and salt. Add 2 cups of water and mix everything together.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