



# ministry of curry

WEEK OF:  
12/27-12/31

Tip:  
You can  
click on  
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# Menu

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## MONDAY

Palak Khichdi

## TUESDAY

Crispy Spinach, Mushroom and Onion Quesadillas

## WEDNESDAY

Instant Pot Vegetable Kurma

## THURSDAY

Spicy Miso Ramen Soup

## FRIDAY

Mumbai Pav Bhaji

## 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

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- |   |  |   |
|---|--|---|
| <input type="checkbox"/> 4 oz full fat yogurt | <input type="checkbox"/> 14 oz extra firm tofu | <input type="checkbox"/> 8 oz shredded pepper jack cheese |
| <input type="checkbox"/> 6 oz salted butter   |  |   |

## FROZEN

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- |   |  |  |
|---|--|--|
| <input type="checkbox"/> 4 oz frozen green peas | <input type="checkbox"/> 4 oz coconut frozen | <input type="checkbox"/> 16 oz frozen mixed vegetables |
|---|--|--|

## PANTRY

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- |  |   |   |
|--|---|---|
| <input type="checkbox"/> 8 oz white mushrooms        | <input type="checkbox"/> 32 oz low sodium vegetable broth | <input type="checkbox"/> 12 potato buns               |
| <input type="checkbox"/> 8 whole wheat tortillas     | <input type="checkbox"/> 4 oz mung dal                    | <input type="checkbox"/> chili garlic sauce           |
| <input type="checkbox"/> 8 oz basmati rice           | <input type="checkbox"/> 3 oz tomato paste                | <input type="checkbox"/> 1 oz split roasted chickpeas |
| <input type="checkbox"/> 8 oz short-grain white rice | <input type="checkbox"/> 2 oz white miso paste            | <input type="checkbox"/> 6 cashews                    |

## PRODUCE

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- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 8 oz shiitake mushrooms | <input type="checkbox"/> 1 green bell pepper   | <input type="checkbox"/> 1 bunch scallions  |
| <input type="checkbox"/> 12 oz baby spinach      | <input type="checkbox"/> 2 garlic bulbs        | <input type="checkbox"/> 1 bunch cilantro   |
| <input type="checkbox"/> 4 green chiles          | <input type="checkbox"/> 3" ginger root        | <input type="checkbox"/> 1 lb baby bok choy |
| <input type="checkbox"/> 5 yellow onions         | <input type="checkbox"/> 2 cauliflower heads   | <input type="checkbox"/> 1 lime             |
| <input type="checkbox"/> 1 medium red onion      | <input type="checkbox"/> 3 Yukon gold potatoes | <input type="checkbox"/> 5 tomatoes         |
| <input type="checkbox"/> 1 red bell pepper       |  |   |

## SPICES

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- |  |   |  |
|--|---|--|
| <input type="checkbox"/> pav bhaji masala          | <input type="checkbox"/> red chili flakes | <input type="checkbox"/> fennel seeds        |
| <input type="checkbox"/> Kashmiri red chili powder | <input type="checkbox"/> garam masala     | <input type="checkbox"/> cloves              |
| <input type="checkbox"/> ground turmeric           | <input type="checkbox"/> Indian bay leaf  | <input type="checkbox"/> green cardamom pods |
| <input type="checkbox"/> cumin seeds               | <input type="checkbox"/> cinnamon stick   | <input type="checkbox"/> poppy 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: PALAK KHICHDI



## INGREDIENTS

- 1 cup short-grain rice Ambe mor or Kali Jeera or a similar variety
- ½ cup mung dal
- ½ teaspoons kosher salt
- 4 cups water
- 1 to 3 small green chiles use more or less depending on the spice level
- 1 pound baby spinach
- 8 garlic cloves
- ½ inch ginger
- 3 tablespoons ghee plus more for serving
- 1 teaspoon cumin seeds
- 1 medium yellow onion finely diced
- 1 teaspoon garam masala
- 1 teaspoon kosher salt
- freshly ground pepper optional for serving

PREP TIME: 10 MIN

COOK TIME: 35 MIN

TOTAL TIME: 45 MIN

SERVES: 5

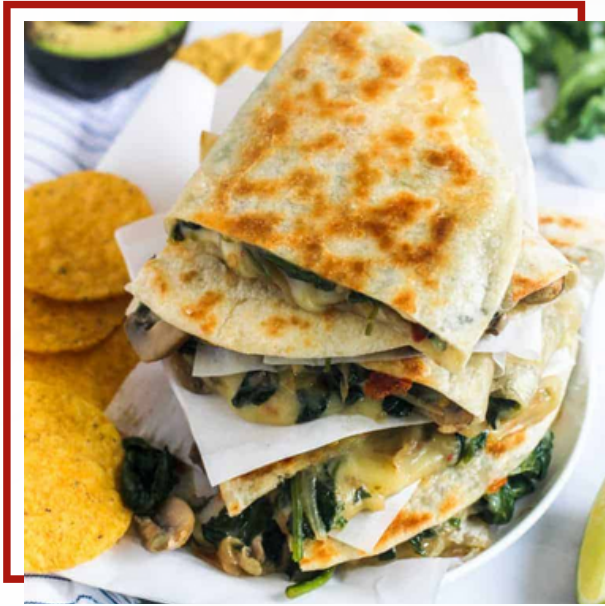
## INSTRUCTIONS

1. Rinse rice and lentils and drain the water.
2. Add rice, lentils, water, and salt to the Instant Pot insert and pressure cook for 6 minutes followed by 5 minutes natural pressure release. If using a stovetop pressure cooker, cook for about 15 to 20 minutes or 3 whistles.
3. In a large pot bring 8 to 10 cups of water to boil. Add green chilies and baby spinach and blanch for 1 to 2 minutes or just until all the spinach wilts.
4. Take out the spinach and chilies and run cold water over them so the spinach stops cooking further. Drain out the water completely.
5. Add garlic cloves, ginger, and blanched spinach and chiles to a blender and make a smooth puree. Tip – If you do not like the fibers from the spinach make sure to puree well. I enjoy the fibers in the khichdi so I usually blend just for a minute.
6. In a large pot heat ghee (Tip – I dry the pot used for blanching spinach and use for making the khichdi). Add cumin seeds and allow them to sizzle, about 30 seconds. Add finely diced onions and cook for 4 to 5 mins.
7. Stir in garam masala, salt, and spinach puree. Then add the cooked rice and dal (from step 1 above) with more ghee and mix everything together.
8. Serve immediately with more ghee and freshly ground black pepper to taste.

## NOTES

- This recipe makes medium spicy khichdi, but you can adjust the number of green chilies to more or less or completely omit them when serving to babies or sick patients
- Small Indian green chilies can be substituted with Jalapeño or Serrano chili
- Puree the spinach really well if you do not prefer the fiber strands from spinach
- To make with brown rice khichdi, increase the pressure cook time to 22 minutes followed by natural pressure release
- To make vegan khichdi substitute neutral vegetable oil for the ghee
- You can also use frozen spinach instead of fresh, the color may not come out as vibrant but the khichdi will still taste equally good

# Tuesday: SPINACH, MUSHROOM, AND ONION QUESADILLAS



## INGREDIENTS

- 1 large onion thinly sliced
- 8 oz white mushrooms rinsed, dried and sliced
- 6 cups baby spinach
- 1 cup shredded pepper jack cheese
- 3 tablespoons oil
- 8 whole wheat tortillas
- 1 teaspoon red chili flakes optional

PREP TIME: 5 MIN

COOK TIME: 20 MIN

TOTAL TIME: 25 MIN

SERVES: 4

## INSTRUCTIONS

1. In a large skillet over medium heat, add 1 tablespoon oil. Add the sliced onions and cook them until they are lightly caramelized. Add sliced mushrooms and cook until tender for about 5 minutes on medium heat. Do not cover after adding the mushrooms so any excess moisture can be evaporated. Add the spinach, little bit at a time, and mix it until the spinach is wilted. Remove from heat.
2. Heat a large griddle or pan on medium heat. Place a tortilla on the pan, apply little oil on both sides, and cook for a minute, flipping with a spatula until the tortilla is hot. Spread a thin layer of the cooked veggies on the tortilla. Spread a layer of shredded cheese on top.
3. Carefully place the second tortilla on top of the cheese and press it gently with the spatula. Add a few more drops of oil while pressing gently. Pressing will help the quesadilla stick together and should be easier to flip it over. Cook until both sides are nice and crispy golden brown and the cheese starts to melt! Gently put the quesadilla on a cutting board and cut into 4 (more or less) slices using a pizza cutter.
4. Serve with fresh guacamole and salsa.

# Wednesday: INSTANT POT VEGETABLE KURMA



PREP TIME: 20 MIN

COOK TIME: 15 MIN

TOTAL TIME: 35 MINS

SERVES: 4

## INGREDIENTS

### Ingredients for Spice Paste

- 1-inch ginger roughly chopped
- 3 garlic cloves peeled
- 6 cashews
- 1 tablespoon dalia split roasted chickpeas
- 1 teaspoon poppy seeds
- 1 teaspoon fennel seeds
- ½ cup coconut frozen
- 1 to 2 green chilies
- ¼ cup water

### Other Ingredients:

- 4 tablespoons oil
- 5 cloves
- 2 green cardamom pods
- 1 Indian bay leaf
- 2-inch cinnamon
- 1 medium yellow onion finely diced
- ¼ teaspoon ground turmeric
- 2 tomatoes diced
- 1 potato peeled and diced into 1/2 inch cubes
- 1 cup cauliflower cut into 1-inch florets
- 2 cups frozen mixed vegetables
- 2 teaspoons kosher salt
- 1 cup water

### Garnish(optional)

- ¼ cup cilantro chopped

## INSTRUCTIONS

1. In a small blender jar add ginger, garlic, 6 cashews, dalia, poppy seeds, fennel seeds, coconut, green chili, and 1/4 cup of water. Blend together to make a smooth paste. Reserve.
2. Set the Instant Pot to Saute mode and heat oil. Add cloves, cardamom, bay leaf, and cinnamon stick. Saute for a minute or until aromatic.
3. Add onions and cook for 2-3 minutes. Place a non-locking glass lid to speed up the process. Add turmeric and tomatoes. Mix well. Turn the Saute mode off. Note - It is important to cancel the saute mode so the spice paste does not stick to the bottom of the pot. The pot is also hot at this point and the remnant heat is enough to cook the spice paste.
4. Add the spice paste and mix well deglazing the bottom of the pot. Add all the remaining vegetables, salt, and 1 cup of water. Mix well. Close the Instant Pot with pressure valve to sealing. Set the Instant Pot to Manual/Pressure Cook(Hi) for 1 minute.
5. After the pressure cooking cycle is complete quick release by moving the pressure value to Venting. Press Cancel. Open the Instant Pot and give a quick stir. Note that the curry may look watery but will start to thicken in few minutes. Garnish with cilantro.

# Thursday: SPICY MISO RAMEN SOUP



PREP TIME: 10 MIN

COOK TIME: 20 MIN

TOTAL TIME: 30 MIN

SERVES: 4

## INGREDIENTS

### Vegetables

- 2 tablespoons oil
- 1 tablespoon garlic minced
- 1 lb baby bok choy
- 8 oz shiitake mushrooms de-stemmed and thinly sliced

### Broth

- 1 tablespoon oil
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 1 tablespoon chili garlic sauce
- 6 cups low sodium vegetable broth
- 14 oz extra firm tofu
- 8 oz ramen noodles 3 brown rice ramen cakes
- 2 tablespoons white miso paste
- 4 tablespoons water

### Optional garnish

- ½ cup scallions
- red chili flakes
- chili garlic sauce

## INSTRUCTIONS

1. Bake or air fry tofu using these directions.
2. Heat 1 tablespoon of oil on a dutch oven or a large pot. Add half of the garlic and saute for 30 seconds on medium heat. Add bok choy and saute for 2 to 3 minutes. Take out the bok choy and reserve.
3. In the same pan add 1 tablespoon of oil and mushrooms. Cook on medium heat until the mushrooms are soft about 3 to 4 minutes stirring frequently. Take out the mushrooms and reserve.
4. Add remaining oil, ginger, and garlic paste. Saute for a minute or until fragrant. Add chili garlic sauce and broth. Bring to a rolling boil.
5. Add noodles and cook until the noodles are cooked through and soft. Follow the directions on the package for cook time.
6. Once the noodles are cooked, turn the heat off. Mix together miso paste and water and add to the noodles.

### To Serve:

1. Ladle broth in a large soup bowl. Add the noodles over using a pair of tongs and top with sauteed bok choy, mushrooms, and tofu. Garnish with scallions. Add red chili flakes or chili garlic paste to taste and serve hot.

## NOTES

- Keep the coconut milk can refrigerated for a couple of hours which helps separate the cream from the watery portion

# Friday: MUMBAI PAV BHAJI



PREP TIME: 20 MIN

COOK TIME: 35 MIN

TOTAL TIME: 55 MIN

SERVES: 6

## INGREDIENTS

- 2 to 4 tablespoons salted butter plus 4 tablespoons, at room temperature
- 1 large yellow onion finely diced
- ½ green bell pepper seeded and diced
- ½ red bell pepper seeded and diced (optional)
- 1 tablespoon ginger grated
- 1 tablespoon garlic minced
- 5 cups cauliflower florets 1-inch florets
- 2 large Yukon gold potatoes peeled and cut into 1-inch cubes
- 3 plum tomatoes cored and diced
- ½ cup frozen green peas
- Kosher salt
- 1 cup water
- 3 tablespoons tomato paste
- 1 to 2 tablespoon paav bhaji masala see Note
- 1 tablespoon Kashmiri red chili powder or another mild red chili powder see Note
- ¼ teaspoon ground turmeric
- ½ cup fresh cilantro finely chopped
- 12 potato buns
- 1 red onion finely diced
- 1 lime cut into wedges

## INSTRUCTIONS

1. Select the high Sauté setting on the Instant Pot and heat 2 tablespoons of the butter. Add the yellow onion, ginger, garlic, and bell peppers and sauté until the onion turns translucent about 5 minutes. Add the cauliflower, potatoes, tomatoes, peas, and 2 teaspoons salt; pour in the water; and stir well with a wooden spoon, nudging loose any browned bits from the pot bottom.
2. Secure the lid and set the Pressure Release to Sealing. Press the Cancel button to reset the cooking program, then select the Pressure Cook or Manual setting and set the cooking time for 6 minutes at high pressure.
3. Perform a quick release by moving the Pressure Release to Venting. Open the pot. Select the normal Sauté setting and mash all the veggies with a potato masher. Stir in the tomato paste, paav bhaji masala, red chile powder, and turmeric, followed by 2 tablespoons butter (optional but highly recommended). Cover the pot with a glass lid (or another nonlocking lid that fits), as the bhaji will start to splatter, and cook until heated through, about 5 minutes. Taste and adjust the seasoning with salt, paav bhaji masala, and chile powder if needed. Press the Cancel button to turn off the Instant Pot. Sprinkle with the cilantro.
4. Just before serving, use the remaining 4 tablespoons butter to spread 1 teaspoon room-temperature butter on the cut side and over the top and bottom of each potato bun. Heat a griddle or heavy skillet over high heat. Add the buns and toast each side until golden brown, 2 to 3 minutes each.
5. Spoon the bhaji onto plates, sprinkle with the red onion, and serve with the toasted buns and lime wedges on the side.

## NOTES

\*\* Use 1 tablespoon Kashmiri red chili powder, 1/4 teaspoon ground turmeric, 1 teaspoon of garam masala and 1 tablespoon coriander powder as a substitute to Shan Keema seasoning mix.