



## Yetsom Beyaynetu: Ethiopian Platter with

Lentil Stew, Braised Collards & Tomato Salad



40-50min



2 Servings

Yetsom Beyaynetu is an Ethiopian combination platter composed of vegan curries and veggies. We love the variety this type of dinner offers. Our version features a rich red lentil stew, tender collard greens simmered with tomatoes and warming berbere spice blend, and a spicy fresh tomato salad with chiles. This family-style plate is usually eaten without utensils, so warm bread on the side is a must for dipping and scooping!



## What we send

- 1 oz fresh ginger
- garlic
- 1 jalapeño chile
- 1 red onion
- 1 bunch collard greens
- 2 plum tomatoes
- 6 oz tomato paste
- ¼ oz berbere spice blend
- 3 oz red lentils
- 2 Mediterranean pitas <sup>1,6,11</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or white wine vinegar)

## Tools

- 2 medium saucepans

## Allergens

Wheat (1), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 700kcal, Fat 31g, Carbs 96g, Protein 27g



### 1. Prep aromatics

Peel and finely chop **1 teaspoon ginger**. Finely chop **1 tablespoon garlic**. Finely chop **jalapeño**. Finely chop **onion**.

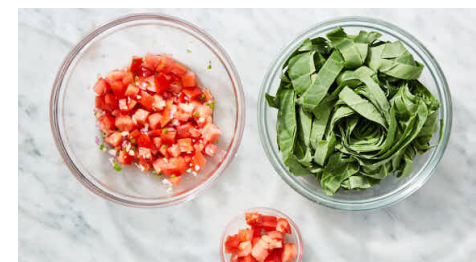
In a medium bowl, combine 1 tablespoon of the onions, 2 teaspoons of the jalapeños, and 1 teaspoon of the garlic; reserve for step 3.



### 2. Cook aromatics

Heat **3 tablespoons oil** in a medium saucepan over medium. Add **chopped ginger, remaining onions, garlic, and jalapeño**, and a **pinch of salt**.

Reduce heat to medium-low and cook, stirring occasionally, until vegetables are very soft and translucent with no browning, 7-10 minutes.



### 3. Prep collards & tomatoes

Trim ends from **collard greens**, remove and discard center stem, then stack leaves and cut crosswise into ½-inch wide ribbons. Cut **tomatoes** into ½-inch pieces. Reserve 2 tablespoons tomatoes for step 5. Transfer remaining tomatoes to bowl with **reserved onions, jalapeños, and garlic**. Stir in **2 teaspoons each of vinegar and oil**; season to taste. Set salad aside until ready to serve.



### 4. Cook lentils

Once **aromatics** are soft, transfer half to 2nd medium saucepan. To 1 saucepan, stir in **1 tablespoon tomato paste** and **2 teaspoons berbere**; cook over medium heat, stirring, until slightly darkened and aromatic, 2-3 minutes.

Add **lentils, 2¼ cups water**, and **1 teaspoon salt**. Bring to a boil, then simmer on medium until lentils are tender and stew is thickened, 15-18 minutes.



### 5. Cook collard greens

To the other medium saucepan, add **collard greens, ½ cup water, reserved 2 tablespoons tomatoes, 1 teaspoon salt**, and **¼ teaspoon berbere**.

Bring to a boil and simmer over medium-low heat, stirring occasionally, until collard greens are dark green, tender, and liquid is reduced by ⅔, 12-15 minutes. Preheat broiler with a rack in the top position.






### 6. Warm pita & serve

Lightly brush **pitas** all over with **oil**; broil directly on top oven rack until warm and pliable, 1-2 minutes per side. Cut pitas into wedges, if desired. Stir **½ teaspoon vinegar each into lentils and collard greens**; season to taste with **salt** and **pepper**.

Serve **lentils, collard greens**, and **tomato salad** with **warm pitas** on the side. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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