



Ethiopian Doro Wat Chicken Stew

with Warm Flatbread



1h



2 Servings

Doro wat is one of Ethiopia's most well-known dishes, loved for being a hearty, rich stew full of meat and spice. This version is full of tender pieces of boneless, skinless chicken thighs simmered in a warming sauce made with tomato paste, berbere spice blend, zesty ginger, and garlic. It packs just the right amount of heat that will have you coming back for more. Good thing there's flatbread for sopping up the sauce!

What we send

- 1 large yellow onion
- 1 oz fresh ginger
- garlic
- 1 bunch Tuscan kale
- 1 lb boneless, skinless chicken thighs
- ¼ oz berbere spice blend
- 6 oz tomato paste
- 2 Mediterranean pitas ^{2,3,4}
- 1 lemon

What you need

- kosher salt & ground pepper
- olive oil
- 2 large eggs ¹

Tools

- medium Dutch oven or pot
- small saucepan

Allergens

Egg (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 33g, Carbs 68g, Protein 61g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center position. Halve and thinly slice **all of the onion**. Peel and finely chop **1 tablespoon ginger**. Finely chop **1 tablespoon garlic**. Strip **half of the kale leaves** from tough stems. Stack leaves and coarsely chop (about 4 cups); discard stems.



4. Cook eggs

Meanwhile, bring a small saucepan of water to a boil. Carefully lower **2 large eggs** into water (the water should cover the egg by a ½-inch). Cook for 8 minutes. Remove from pot and transfer eggs to a bowl of **cold water**.



2. Brown chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium Dutch oven or ovenproof pot over medium-high. Add chicken thighs and cook until well browned, 4-5 minutes per side (chicken will not be cooked through). Transfer to a plate. Add **onions** and cook until softened, scraping up browned bits, about 5 minutes.



5. Warm flatbread

Drizzle **pitas** with **oil**. Once **stew** is cooked, place pitas directly on center oven rack and bake until lightly toasted and warmed through, about 3 minutes (watch closely as ovens vary).



3. Braise chicken

Stir **garlic, ginger, all of the berbere spice**, and **¼ cup tomato paste** into pot with **onions**. Cook, stirring, until slightly caramelized, 2-3 minutes. Add **chopped kale, chicken**, and **2 cups water**. Bring to a simmer, scraping up browned bits. Cover and bake on center oven rack until chicken and kale are tender and chicken reaches 165°F internally, about 20 minutes.



6. Finish & serve

Peel **eggs**, then cut each in half. Cut **lemon** into wedges. Serve **doro wat** with **lemon wedges** for squeezing over top with **hard boiled eggs** and **flatbread** alongside. Enjoy!