



Nigerian Pepper Stew with Meatballs

Kale & Brown Rice



40-50min



2 Servings

Smoky, fruity, and a little spicy, Ata Din Din is one of Nigeria's most beloved dishes. A purée of tomatoes, roasted red peppers, ginger and garlic creates an intensely flavored broth in which pre-cooked meatballs simmer, fresh kale wilts, and hard-boiled eggs soak up all the flavors. Tender brown rice is perfect alongside to showcase the complex and hearty stew.

What we send

- 1 bunch curly kale
- 1 yellow onion
- 1 plum tomato
- 1 oz fresh ginger
- 2 (4 oz) roasted red peppers
- ¼ oz hondashi ⁴
- garlic
- ½ lb pkg ready to heat beef meatballs
- ¼ oz curry powder
- ¼ oz chipotle chili powder
- 5 oz quick-cooking brown rice

What you need

- 2-4 large eggs (optional) ³
- olive oil
- kosher salt & ground pepper

Tools

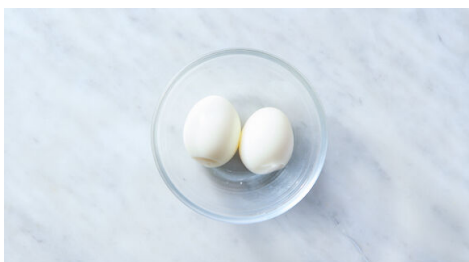
- small saucepan
- food processor or blender
- medium pot

Allergens

Egg (3), Fish (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1060kcal, Fat 60g, Carbs 115g, Protein 34g



1. Boil eggs

Optional: Bring a small saucepan of water to a boil. Carefully lower **2-4 eggs** into water. Lower heat to medium and cook for 8 minutes. Transfer to a bowl of ice water for 5 minutes. Peel and reserve.



2. Prep ingredients

Strip **kale leaves** from tough stems; discard stems. Tear or chop leaves into bite-sized pieces. Finely chop **half of the onion**. Cut **remaining onion, tomato, and half of the ginger** into large chunks; combine with **roasted red peppers, hondashi, 2 cloves garlic, and ½ cup water** in a blender or food processor. Blend vegetables until smooth.



3. Brown meatballs

In a medium heavy pot, heat **1 tablespoon oil** over medium-high; add **meatballs**. Cook, shaking pot occasionally, until meatballs are browned in spots, 2-4 minutes; transfer to a plate. Add **chopped onions, 2 tablespoons oil, and a pinch of salt** to pot. Cook, stirring frequently, until onions are just starting to brown, 4-5 minutes.



4. Simmer stew

Add **curry** and **half of the chipotle powder** (use all if desired) to pot; cook, stirring constantly, until fragrant, about 30 seconds. Stir in **kale** by the handful and cook until wilted, 2-3 minutes. Add **meatballs, eggs (if using), and blended vegetable mixture**. Bring to a boil, then adjust heat to maintain a gentle simmer.



5. Cook rice

Cover pot and simmer, stirring occasionally, until **kale** and **meatballs** are tender, 25-30 minutes.

Meanwhile, bring a small saucepan of **salted water** to a boil over high heat. Add **brown rice** and boil (like pasta!), stirring occasionally, until just tender, about 22 minutes. Drain in a fine-mesh sieve. Return to saucepan off heat. Keep covered until ready to serve.



6. Serve

Season **Ata Din Din** to taste with **salt** and **pepper**. Serve with **brown rice**. Enjoy!