



Key Wat (Ethiopian Beef Stew)

with Tomato Salad & Rice



40-50min



2 Servings

Key Wat, a traditional Ethiopian stew, is bold in flavor and heartiness. A blend of ginger, onions, jalapeño, and garlic combines with tomato paste and berbere spice for a sweet, citrusy base with a touch of heat. Shredded beef and broth concentrate simmer with the aromatics, building complex flavor to thicken the stew. Boiled eggs add a jammy creaminess while the tomato salad, known as timatim, is a refreshing finish.

What we send

- 5 oz basmati rice
- 1 red onion
- 2 plum tomatoes
- 1 jalapeño chile
- garlic
- 1 piece fresh ginger
- ½ oz fresh parsley
- 6 oz tomato paste
- 2 (¼ oz) berbere spice blend
- 1 pkt beef broth concentrate
- ½ lb pkg ready to heat shredded beef^{3,4}

What you need

- 2 large eggs (optional)¹
- kosher salt & ground pepper
- unsalted butter²
- red wine vinegar (or white wine vinegar)
- olive oil

Tools

- small saucepan
- fine-mesh sieve
- small pot

Allergens

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

Nutrition per serving

Calories 700kcal, Fat 24g, Carbs 95g, Protein 26g



1. Optional step: boil eggs

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



2. Cook rice

In a small saucepan, combine **rice** and **1 ¼ cups water**; bring to a boil. Cover and cook over low heat until liquid is absorbed, 17-20 minutes. Keep covered off heat until ready to serve.



3. Prep ingredients

Meanwhile, finely chop **onion**. Cut **tomatoes** into ¼-inch pieces. Halve **jalapeño**, discard stem and seeds, then finely chop. Finely chop **2 large garlic cloves**. Peel and finely chop **2 teaspoons ginger**. Finely chop **parsley leaves**; discard stems.

In a fine mesh sieve set over a medium bowl, toss **tomatoes** with **¼ teaspoon salt**. Set aside until step 6.



4. Cook aromatics

In a small pot, melt **2 tablespoons butter** over medium. Add **ginger, half each of the onions, jalapeños, and garlic**, and a **pinch of salt**. Cook, stirring occasionally, until softened, about 5 minutes. Add **1 tablespoon tomato paste** and **all but 1 teaspoon berbere spice** to pot. Cook, stirring frequently, until slightly darkened and aromatic, 2-3 minutes.



5. Simmer stew

Add **broth concentrate** and **1 cup water**; bring to a boil. Pat **beef** dry and cut or tear into 1-inch pieces. Add beef and **eggs** (if using) to pot. Lower heat and gently simmer, stirring and scraping sides of pot occasionally, until sauce is thickened, 12-15 minutes. Stir in **half of the parsley**; season to taste with **salt** and **pepper**.



6. Mix salad; serve

Discard liquid from **tomatoes**. In bowl, combine **tomatoes, reserved berbere spice, remaining onions, jalapeños, garlic, and parsley**, and **1 tablespoon each of vinegar and oil**; season to taste with **salt** and **pepper**.

Serve **stew** with **tomato salad** and **rice**. Enjoy!