



Nigerian Pepper Stew with Meatballs

Kale & Brown Rice

 1h  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 piece fresh ginger
- 2 (4 oz) roasted red peppers
- ¼ oz hondashi ²
- garlic
- 5 oz brown rice
- 10 oz pkg grass-fed ground beef
- 1 oz panko ³
- ¼ oz curry powder
- ¼ oz chipotle chili powder

What you need

- 2-4 large eggs (optional) ¹
- olive oil
- kosher salt & ground pepper

Tools

- small saucepan
- food processor or blender
- medium pot

Allergens

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

Nutrition per serving

Calories 980kcal, Fat 49g, Carbs 95g, Protein 36g



1. Prep meatballs

To a medium bowl, add **beef, 1 large egg, ¼ cup panko, ½ teaspoon salt**, and **several grinds of pepper**. Knead gently to combine. Shape into 8 meatballs.

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.



4. Brown meatballs

In a medium heavy pot, heat **1 tablespoon oil** over medium-high; add **meatballs**. Cook, shaking pot occasionally, until meatballs are cooked through, 12-16 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.



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.



5. Simmer stew

Add **curry** and **½ of the chipotle powder** (use all if desired) to pot; cook, stirring, until fragrant, 30 seconds. Stir in **kale**; cook until wilted, 2-3 minutes. Add **meatballs, eggs (if using)**, and **blended vegetable mixture**. Bring to a boil, lower heat to maintain a gentle simmer.

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



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Cook rice

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, 35-40 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!