

MARLEY SPOON



Berbere-Spiced Meatball & Red Lentil Stew

with Toasted Walnuts & Naan



30-40min



2 Servings

This hearty stew is proof that meatballs and protein-rich lentils bring a lot to the table! The lentils simmer with tomatoes, aromatics like onions, garlic and ginger and warming berbere spice blend (a traditional Ethiopian blend made from dried chiles, garlic, fenugreek, and spices like allspice and cinnamon). Toasted naan is the perfect side for sopping up the saucy stew, and walnuts sprinkled on top add a delightful crunch.

What we send

- 1 red onion
- garlic
- 1 piece fresh ginger
- ½ oz fresh parsley
- 1 oz walnuts ³
- 10 oz pkg grass-fed ground beef
- 1 oz panko ⁴
- 1 lemon
- 14½ oz can whole peeled tomatoes
- ¼ oz berbere spice blend
- 3 oz red lentils
- 2 naans ^{1,2,4}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- medium Dutch oven or pot

Allergens

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

Nutrition per serving

Calories 1100kcal, Fat 57g, Carbs 143g, Protein 45g



1. Prep ingredients

Finely chop **onion**. Finely chop **1 teaspoon garlic**. Finely chop **2 teaspoons ginger** (no need to peel). Finely chop **parsley stems and leaves**, keeping them separate.

Finely chop **walnuts**. Finely grate **all of the lemon zest**, then cut lemon into wedges. Use kitchen shears to cut **tomatoes** in can until coarsely chopped.



4. Simmer lentils; meatballs

Add **tomatoes, lemon zest, 1½ cups water**, and **1 teaspoon salt**. Add lentils and bring to a simmer. Reduce heat to medium and simmer, stirring and scraping bottom to prevent lentils from sticking, until nearly tender, 10-15 minutes. Add **meatballs** and simmer until lentils are tender, stew has thickened, and meatballs are cooked through, 10 minutes. Season to taste.



2. Prep walnuts & meatballs

Heat **1 teaspoon oil** in a medium Dutch oven or pot over medium-high. Add **walnuts**; cook, stirring occasionally, until fragrant and lightly toasted, 2-3 minutes (watch closely). Transfer to a plate; sprinkle lightly with **salt**. Wipe pot.

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



5. Toast naan

Meanwhile, preheat broiler with the top rack 6-inches from heat source. Lightly brush both sides of each **naan** with **oil** then season with **salt**. Broil naan on top rack until golden brown, 1-3 minutes per side (watch closely as broilers vary). Transfer to a cutting board and cut into wedges, if desired.



3. Sauté aromatics

Heat **1 tablespoon oil** in same pot over medium-high. Add **meatballs** and cook until browned, 4-5 minutes. Transfer to a plate. Add **onions** and season with **salt**; cook until softened and browned, 3-4 minutes.

Add **chopped garlic, ginger, parsley stems** and **2-3 teaspoons berbere spice blend** (depending on heat preference). Cook, stirring, until fragrant, about 1 minute.



6. Finish stew & serve

Spoon **stew** into bowls and top with **chopped parsley** and **toasted walnuts**. Serve **stew** alongside **naan** with **lemon wedges** on the side for squeezing over top. Enjoy!