



## 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
- 6 oz tomato paste (use ¼ c)
- ¼ oz berbere spice blend
- 2 Mediterranean pitas <sup>1,6,11</sup>
- 1 lemon

## What you need

- kosher salt & ground pepper
- olive oil
- 2 large eggs <sup>3</sup>

## Tools

- small saucepan
- medium Dutch oven or pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

### Allergens

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 720kcal, Fat 24g, Carbs 65g, Proteins 65g



## 1. Prep ingredients

Preheat oven to 425°F with a rack in the center position. Bring a small saucepan of water to a boil. Remove from heat and keep covered until step 4. Halve and thinly slice **all of the onion**. Peel and finely chop **1 tablespoon ginger**. Finely chop **1 tablespoon garlic**. Strip **half the kale leaves** from tough stems, then stack leaves and coarsely chop (about 4 cups).



## 4. Cook eggs

Return saucepan to a boil, carefully lower **2 larges 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 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 **chopped garlic and 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**, **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!