



## Berbere-Spiced Lentil Stew

with Toasted Walnuts & Pita



40-50min



2 Servings

This hearty stew is proof that vegetarian cooking is flavorful and exciting! 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 pita is the perfect side for sopping up the saucy stew, and walnuts sprinkled on top add a delightful crunch.



## What we send

- 1 medium yellow onion
- garlic
- 1 oz fresh ginger
- ¼ oz fresh parsley
- 1 oz walnuts <sup>1</sup>
- 1 lemon
- 14 oz whole peeled tomatoes
- ¼ oz berbere spice blend
- 3 oz red lentils
- 2 Mediterranean pitas <sup>2,3,4</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- microplane or grater
- medium Dutch oven or pot

## Allergens

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

## Nutrition per serving

Calories 600kcal, Fat 24g, Carbs 90g, Protein 24g



### 1. Prep ingredients

Halve and finely chop **all of the 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

Add **tomatoes, lemon zest, 1½ cups water**, and **1 teaspoon salt**. Add **lentils** and bring to a simmer. Reduce heat to medium and continue to simmer, stirring and scraping bottom to prevent lentils from sticking, until tender (stew will thicken considerably), 20-25 minutes. Season to taste with **salt** and **pepper**.



### 2. Toast walnuts

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



### 5. Toast pita

Meanwhile, preheat broiler with a rack in the top position. Lightly brush both sides of each **pita** with **oil**, then season with **salt**. Broil pita 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

To same pot, heat **1 tablespoon oil** over medium-high. 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 **pita** with **lemon wedges** on the side for squeezing over top. Enjoy!