



Berbere-Spiced Red Lentil Stew

with Toasted Walnuts & Naan



30-40min



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 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
- 1 oz fresh ginger
- ½ oz fresh parsley
- 1 oz walnuts ⁵
- 1 lemon
- 14½ oz can whole peeled tomatoes
- ¼ oz berbere spice blend
- 3 oz red lentils
- 2 naan breads ^{1,2,3,4}

What you need

- olive oil
- kosher salt & ground pepper
- garlic

Tools

- microplane or grater
- medium Dutch oven or pot

Allergens

Egg (1), Wheat (2), Milk (3), Soy (4), Tree Nuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 730kcal, Fat 25g, Carbs 115g, Protein 28g



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

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 tender (stew will thicken considerably), 20-25 minutes. Season to taste with **salt** and **pepper**.



2. Toast walnuts

Heat **1 teaspoon oil** in a medium Dutch or pot oven 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 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 oven 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 **naan** with **lemon wedges** on the side for squeezing over top. Enjoy!