

ETHIOPIAN CHICKEN BERBERE

AFRICA & MIDDLE EAST
/ ETHIOPIA

ORIGINS

Berberé spice comes from the Ethiopian word *barbare*. *Barbare* translates to “hot” and comes from the Ancient Ethiopian word for pepper, *papare*. This dish came into being no one is sure, but historians speculate that its origins lie in the era when Ethiopians controlled the route to the silk road from the Red Sea during the 11th century AD.



4



10 min



20 min



WHAT YOU NEED

- 1/2 pkt (15 g) Ethiopian spice
- 500 g chicken thighs, diced
- 1 onion, chopped
- 1 tbsp tomato paste
- 1 tomato, chopped
- 100 g green beans
- 1/2 cup of yoghurt or coconut milk
- 1 cup chicken stock
- 1/2 zest of a lemon

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min. Add chicken, sauté 5 min.

②

Add fresh tomato and paste, yoghurt, lemon zest and chicken stock. Bring to the boil and simmer 15 min.

③

Add in green beans continue to simmer 5 min.

HOW TO SERVE

Serve with rice and garnish with fresh parsley leaves.

HINTS & TIPS

SIDES & CONDIMENTS

Ethiopian minced greens:
200 g kale or spinach steamed
1/2 tsp chilli flakes
1/2 tsp Berbere or paprika
1 clove garlic crushed
Sauté garlic and spices 2 min, add in steamed greens and let rest 2 min.

SWAPS & ALTERNATIVES

veggie combos: omit green beans and serve with Ethiopian minced greens.
reduce meat: 250 g chicken thigh + 200 g cooked lentils.
alternative: mix in 1 tbsp currants and 2 tbsp cashews to the rice. Traditionally, 2-3 hard boiled eggs are added for extra protein.

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