

ETHIOPIAN RED LENTILS (MISIR WAT)

AFRICA & MIDDLE EAST
/ ETHIOPIA

ORIGINS

Berbere 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
- 200 g red lentils
- 1 onion, chopped
- 1 tbsp tomato paste
- 1 tomato, chopped
- 1 carrot, chopped
- 100 g fresh spinach
- 2 cups vegetable stock
- 1 tbsp lemon juice

HOW TO MAKE

①

Sauté onion, 5 min. Add spice, sauté 1 min, Add tomato and tomato paste, sauté 1 min.

②

Add lentils, carrot and stock. Bring to the boil. Reduce to low, cover and cook for 20 min.

③

Stir in spinach and lemon juice, let rest 2 min.

HOW TO SERVE

Serve with flat bread or 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 spinach leaves and replace with the side of minced greens.

alternative: add in 200 g roasted eggplant for a heartier meal. Traditionally, 2-3 boiled eggs are added for extra protein.

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