

Ethiopian Salad with Ingudai Tibs

Swick

Makes 3 servings | Active Time: 35 minutes | Total Time: 45 minutes

Chef's Notes

Suggested adult serving: 3 cups salad; 1¼ cups tibs

Store any leftover salad and Ingudai tibs in separate airtight containers in the refrigerator for up to 3 days.

RECIPE TIPS

Lettuce: Feel free to use any variety of crisp, crunchy lettuce.

Berberere Spice Blend: If you can't find any berbere spice blend, you can make your own! For 4 tablespoons, combine 2 tablespoons paprika, 1 tablespoon cayenne pepper, 1 teaspoon ground coriander, ½ teaspoon ground ginger, ½ teaspoon ground cardamom, ½ teaspoon ground fenugreek, ¼ teaspoon ground nutmeg, ¼ teaspoon ground allspice, and ⅛ teaspoon ground cloves.

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Jalapeno: Though most of the chile's heat comes from the seeds (remove seeds for less heat), the oils in the pepper can irritate skin. Some people like to wear gloves, but most can get away with simply washing their hands after handling. Avoid contact with sensitive areas, especially your eyes.

Aquafaba: Aquafaba refers to the liquid in a can of chickpeas.

Step 1: Prepare Salad Fixings

- FOR THE INGUDAI TIBS
- 3/4 red bell pepper cut into strips (≈3/4 cup)
- 3/4 red onion chopped (≈3/4 cup)
- 2 1/4 tomatoes chopped (≈2 1/4 cups)
- 1 lb + 8 oz portobello mushrooms stemmed, gills scraped out & sliced
- 1 1/2 tablespoons berbere spice blend (see tip)
- 3 cloves garlic minced (≈1 tablespoon)
- 1 1/2 teaspoons fresh ginger grated
- sea salt
- freshly ground black pepper
- FOR THE ETHIOPIAN SALAD
- 1 1/2 (15-oz) cans chickpeas drained with liquid reserved, rinsed (≈2 1/4 cups)
- 3/4 red bell pepper cut into strips (≈3/4 cup)
- 1/3 red onion chopped (≈1/3 cup)
- 2 1/4 tomatoes chopped (≈2 1/4 cups)
- 1 1/2 cloves garlic minced (≈1 1/2 teaspoons)
- 1 1/2 jalapeños seeded & minced
- 1 1/2 tablespoons fresh lemon juice
- 1 1/2 tablespoons aquafaba
- 6 oz romaine lettuce chopped (see tip) (≈6 cups)
- sea salt
- freshly ground black pepper

PREPARE CHICKPEAS

Drain chickpeas, setting aside aquafaba. Rinse chickpeas.

START INGUDAI TIBS

In a skillet over medium heat, cook 3/4 cup bell peppers and 3/4 cup red onions, stirring, for 3 minutes. Add water 1 to 2 tablespoons at a time, to prevent vegetables from sticking.

FINISH INGUDAI TIBS

Add 2 1/4 cups tomatoes, portobellos, berbere spice blend, 1 tablespoon garlic, and ginger to skillet. Cook, stirring, until portobellos are tender and most of the liquid has evaporated, 8 minutes. Season with salt and pepper to taste.

MAKE ETHIOPIAN SALAD

In a large bowl, combine chickpeas, 3/4 cup bell peppers, 1/3 cup red onions, 2 1/4 cups tomatoes, and 1 1/2 teaspoons garlic along with jalapeño, lemon juice, aquafaba, and lettuce. Toss to combine. Season with salt and pepper to taste.

SERVE

Serve Ethiopian salad alongside Ingudai tibs.