



TEEN BATTLE CHEF



KENYAN-STYLE Mixed Greens - SUKUMA WIKI



15 mins



20 mins



6 full servings or
15 tasting servings



- 1 Jalapeño pepper or Hot Sauce
- 2 teaspoons Salt
- ½ - 1 teaspoon Pepper, freshly ground
- 2 tablespoons Olive Oil
- 1 pound Kale, collards, mustard, chard,
- 1 pound Spinach, fresh not frozen
- 2 tablespoons Butter
- 3 large Tomatoes
- 1 large Yellow onion
- 1, 13-ounce Can coconut milk
- 2 tablespoons Dry roasted Peanuts for garnish
(optional for home use)

COOKING DIRECTIONS

1. **FILL** a large pot with 1 cup of water. **ADD** jalapeño pepper, salt, and 1 tablespoon of the olive oil.
2. **HEAT** water over high heat and bring to a boil.
3. Meanwhile, **CHOP** all the greens and spinach, slicing into ribbons.
4. **ADD** the greens to the water and **COOK** for 3 minutes. **DRAIN** and **COOL**.
5. While the greens are cooking, **CHOP** the tomatoes and onion.
6. **HEAT** remaining tablespoon of olive oil and butter in a large skillet over medium heat. **ADD** the chopped tomatoes and onions. **COOK** for 3 minutes. **ADD** the cooked greens, spinach, and the coconut milk. **COOK** 3-5 minutes, until flavors come together and some liquid evaporates. **TASTE** and **SEASON** with more salt or hot sauce if desired.
7. **SPRINKLE** with chopped peanuts on each serving if **NO ALLERGIES!**



EQUIPMENT NEEDED



- Chef's Knife
- Paring Knife
- Cutting Boards
- Serving or Wooden Spoon
- Medium Mixing Bowl
- Measuring Cups & Spoons
- Colander
- Tongs
- Oven Mitts
- 10 *Mise en Place* Bowls
- Medium Saucepan



- Serving Bowls
- Spoons
- Napkins

SEASONAL INGREDIENT SUBSTITUTIONS

Using seasonal ingredients not only enhances flavor and freshness but also supports local farmers. They provide the best taste and nutrition when they're at their peak. If you can't find them, don't worry! You can always use similar ingredients to keep the dish's essence intact.



Fall

Spinach, swiss chard



Winter

Winter greens like kale



Spring

Spinach, radish greens



Summer

Spinach, beet greens



CULTURAL FACTS: SUKUMA WIKI

Sukuma Wiki or “sukuma” is a very popular dish made mainly from leafy greens and tomatoes. • The name Sukuma Wiki actually comes from Swahili and means “push the week,” because people often make it to stretch their meals and make food last longer through the week. • It’s usually served with ugali (a cornmeal dough), chapatti (flatbread), or a meat stew. • Even though it’s not always the main star of the plate, Sukuma Wiki is like the quiet hero—it helps fill you up without costing much.



Popular Kenyan Foods:

- Corn, maize, potatoes, beans
- The Maasai, cattle-herding peoples who live in Kenya and Tanzania, rely on cow and goat by-products (such as the animal’s meat and milk).
- The Gikuyu (often spelled Kikuyu) grow corn, beans, potatoes, and greens.
- In western Kenya, near Lake Victoria, people mainly prepare fish stews, vegetable dishes, and rice.

Did You Know?

- Portuguese settlers arriving in the 15th century brought with them many foods from newly discovered Brazil, such as maize, bananas, pineapple, chilies, peppers, sweet potatoes, and cassava.
- Cattle herding is a key aspect of Kenyan life. Cattle have long provided meat, milk, butter, and blood.

NUTRITION FACTS

- **CARBS** for fast energy = tomatoes, onion
 - **FIBER** for digestion, lower cholesterol, and fullness = kale, collards, mustard greens, chard, spinach
- **PROTEIN** for building body tissues and energy = peanuts (optional), spinach
- **FAT** for long-lasting energy and fullness = coconut milk, olive oil, butter, peanuts
- **VITAMINS & MINERALS** for immune health and strong metabolism = dark leafy greens, tomatoes, onion
 - **CALCIUM** for strong bones = collards, chard, spinach
 - **IRON** for oxygen transport and energy metabolism = kale, spinach, collards
- **ANTIOXIDANTS** for cell protection and reduced inflammation = tomatoes, leafy greens, jalapeño, olive oil