



Tastes of Africa

BETTER PRODUCTS. BETTER DIETS.
BETTER LIVES.



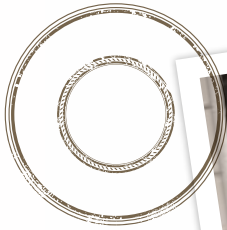
Tastes of **Africa**

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Passion For Food



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Raphael and Dorothy

Friends in nutrition,

On behalf of the Unilever Africa Nutrition team and the Unilever Africa Chefmanship team, we would like to invite you to take a journey through this book, and delight in some of our favourite recipes.

The recipes represent a taste of the rich diversity African cuisine has to offer. We hope it inspires you to get more creative in the kitchen, and moves you to explore how we can excite communities to cook healthier and tastier meals.

The Unilever Sustainable Living Plan is our blueprint for action and you can read about some of our work in this area as well. We are committed to bringing you nutritious food, along with great taste, in a sustainable manner.

The Unilever Africa Nutrition and Chefmanship teams work closely together to deliver this to our consumers.

If you would like more information on our products, or would like to contact us, please see the website links below.

We look forward to working with you and creating brighter futures in Africa.

Happy cooking!

Nazeeia

Team leader – Unilever Africa Nutrition Team

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A taste of Africa



Your family will not be able to resist a second helping of this delicious beef curry, and best of all, it requires simple ingredients to prepare!



Beef and Vegetable Curry

Serves: 5

Ingredients

1 tblsp cooking oil
1 onion, chopped
1 tblsp **Rajah** Hot Curry Powder
400 g beef goulash cubes
3 potatoes, peeled and cubed
1 **Knorrox** Beef Stock Cube
3 tomatoes, chopped
½ cup water
1 cup frozen mixed vegetables
Rice or pap

Method

1. In a pot, fry the onion in oil until soft.
2. Add the curry powder and fry for 2 minutes, stirring continuously to release the flavour and aroma.
3. Add the beef goulash cubes and fry until the beef is well browned on all sides.
4. Add the potatoes, stock cube, tomatoes and water. Stir well and bring to the boil.
5. Turn down the heat and allow to simmer with the lid on for about 35 minutes, then add frozen mixed vegetables and simmer for a further 5 minutes.
6. Serve with rice or pap.

Chef's tip – use sweet potatoes instead of potatoes in your curry for a different flavour!

Cooked in millions of homes across South Africa every day, this curry can also be made with chicken and is typically served with rice or pap.

Keep the skin on the potato as this adds fibre to the dish. Remove all visible fat from the meat as this will help lower the fat content of this family favourite.

Nutritional Info per serving

Energy (kJ)	1456
Protein (g)	19.5
Carbohydrates (g)	30.4
Sugar (g)	3.8
Fibre (g)	4.8
Fat (g)	14.7
SAFA (g)	5.4
Sodium (mg)	573

A taste of Africa



Cashew nut paste can also be added to make the gravy thicker. Sweetening of the gravy with honey is also common to balance the flavours of fat from cream and margarine, with the acidity from the tomato.

Buttery Chicken

Serves: 6

Ingredients

125 ml plain low fat yoghurt
15 ml lemon juice
5 ml **Robertsons** Turmeric
10 ml **Rajah** Mild & Spicy Curry Powder
5 ml **Robertsons** Peri-Peri
5 ml **Robertsons** Cumin
10 ml ginger, crushed
10 ml garlic, crushed
800 g chicken fillet, cut into strips
60 g **Blue Band** Margarine
15 ml oil
1 onion, finely chopped
2 pods cardamom
1 **Robertsons** Cinnamon Stick
1 **Robertsons** Bay Leaf
10 ml **Robertsons** Paprika
1 tin (410 g) tomato puree
150 ml water
1 **Knorr** Chicken Stock Pot
250 ml cream
10 ml salt
Basmati rice
Fresh coriander

Method

1. Combine the yoghurt, lemon juice, turmeric, curry powder, peri-peri, cumin, ginger and garlic in a bowl.
2. Add the chicken strips and mix well.
3. Cover and allow to marinate in the fridge for at least 30 minutes.
4. Heat the margarine and oil in a pan over a medium heat.
5. Add the onion, cardamom, cinnamon and bay leaf and cook for 2 minutes, until the onion starts to soften.
6. Reduce heat to low and add the chicken and marinade, paprika, tomato puree, water and the chicken stock pot. Stir to mix and then stir in the cream.
7. Simmer for 15 minutes (with the pan covered) and cook for a further 10 minutes on a low heat.
8. Serve with basmati rice and garnish with fresh coriander/dhania.

Butter chicken is a popular traditional Indian recipe. As this version uses cream and **Blue Band** Margarine, it is deliciously rich, and should be reserved for a special treat.

For added dietary fibre, you can serve the meal with brown basmati rice. You can also serve a smaller portion of the curry and add a crunchy green salad for a lighter option.

Nutritional Info per serving

Energy (kJ)	1645
Protein (g)	34.9
Carbohydrates (g)	11.8
Sugar (g)	0.3
Fibre (g)	2.9
Fat (g)	21.7
SAFA (g)	10.1
Sodium (mg)	1408

A taste of Africa

Keep wrapped
in a tea towel
until ready to
use.



Chapati

Serves: 10

Ingredients

800 g refined/wholewheat flour
200 g **Blue Band** Margarine
100 ml milk
100 ml warm water
Oil, for frying

Method

1. Sift the flour into a bowl.
2. Rub in the margarine until fully mixed.
3. Add milk and water and knead to form a smooth dough.
4. Cover the dough with a damp cloth and allow to stand for 30 minutes.
5. Divide the dough into 10 equal balls.
6. Roll into circular shapes and fry in a lightly oiled pan until brown on one side, then turn and fry on the other side.

Add some **Blue Band** Margarine to ugali or pap for a creamier texture, improved taste & nutritional value.

Blue Band Margarine is fortified with 7 micro nutrients. 20 g portion provides 15 % of the RDA for Vitamin A, Vitamin B6, Vitamin B12, Vitamin D, Vitamin E, Folic Acid and Niacin.

Chapati is a flatbread that makes the perfect accompaniment to most dishes; and can be enjoyed on its own!

Nutritional Info per serving

Energy (kJ)	1778
Protein (g)	11.3
Carbohydrates (g)	48.5
Sugar (g)	0
Fibre (g)	10
Fat (g)	15.7
SAFA (g)	8.4
Sodium (mg)	89

A taste of Africa

A wonderfully refreshing dinner option if served with steamed baby potatoes. The grapes add a delicious sweetness to the salad and the pecan nuts give it a good crunch.



Chicken, Grape and Pecan Salad

Serves: 4

Ingredients

4 boneless chicken breasts, cooked and diced
1 cup seedless red grapes, halved
½ cup roasted pecan nuts, roughly chopped
1 red onion, finely diced
½ cup mayonnaise
½ cup **Knorr** Creamy Garlic & Herb Salad Dressing
30 g rocket leaves

Method

1. Mix the chicken breasts, grapes, pecan nuts, red onion, mayonnaise and salad dressing until well combined.
2. Stir through the rocket leaves, transfer to a salad bowl and serve.
3. This salad can also be used to stuff pitas or served on lettuce leaves.

Experiment by adding melon and mango to your salad for variety, added flavour and nutrients.

By replacing half the mayonnaise with fat free yoghurt, you can lower the energy by 300 kJ per serving.

Juicy sweet grapes are grown in abundance in the warmer South African seasons – this salad pairs the grapes well with chicken and a delicious salad dressing.

Nutritional Info per serving

Energy (kJ)	1281
Protein (g)	16.2
Carbohydrates (g)	7.2
Sugar (g)	7.2
Fibre (g)	1.8
Fat (g)	22.4
SAFA (g)	2.6
Sodium (mg)	195

A taste of Africa

Impress your family
with this easy to
prepare couscous
salad which uses
mozzarella, mixed
salad leaves and
an assortment of
roasted vegetables.



Couscous and Roasted Vegetable Salad

Serves: 4

Ingredients

20 ml olive oil
150 g cherry tomatoes
150 g butternut, cubed
120 g baby marrows, diced
1 green pepper, cut into strips
4 sprigs thyme
2 cups water
1 **Knorr** Vegetable Stock Pot
275 g couscous
100 g mozzarella cheese, cut into chunks
200 g mixed salad leaves
10 ml **Knorr** Light French
Salad Dressing

Method

1. On a baking tray, toss together the oil, tomatoes, butternut, baby marrow, green pepper and thyme.
2. Roast in a preheated 180°C oven for 40 - 45 minutes or until the vegetables are cooked.
3. Boil the water and dissolve the vegetable stock pot into it.
4. In a bowl, pour the boiling water over the couscous and allow to stand until all the liquid has been absorbed.
5. Arrange the couscous in the bottom of a serving dish, dot with chunks of mozzarella, a layer of cooled, roasted vegetables and lastly the salad leaves.
6. Drizzle with salad dressing and serve.

Leave out the cheese to reduce the fat and salt content of this great-tasting dish.

Originating from North Africa, couscous has now become a popular dish all over the world due in part to its quick and easy preparation, and makes a welcome change to the standard staple.

By reducing the amount of oil to only 5 ml you can lower the energy by 139 kJ, the total fat by 18 kJ and the saturated fat by 0.5 g per serving.

Nutritional Info per serving

Energy (kJ)	1088
Protein (g)	9.6
Carbohydrates (g)	23.2
Sugar (g)	5.6
Fibre (g)	3.2
Fat (g)	12.8
SAFA (g)	4.3
Sodium (mg)	264

Did you know that **Knorr** Stock Pot is a lower salt alternative to stock cubes or plain salt? **Knorr** Stock Pot is versatile and can be used in many dishes.

A taste of Africa



Egusi is typically served with pounded yam.



Egusi Soup

Serves: 6

Ingredients

500 g beef pieces
600 g dry fish/stockfish
2 sachets **Knorr** Soup Seasoning Mix (2 x 6 g)
4 large (100 g) tatase (red bell peppers), chopped
2 onions (300 g), chopped
4 medium sized tomatoes (320 g), chopped
50 ml palm oil
3 cups (300 g) of ground melon seeds (egusi)
1 medium bunch (100 g) of pumpkin leaves, chopped
50 g crayfish, blended
Water, as indicated

Method

1. Boil the beef pieces and dry fish with 1 sachet soup seasoning mix, until tender.
2. Blend the tatase, 1 chopped onion and tomatoes together.
3. Warm the palm oil in a pot for 2 minutes and then fry half of the remaining onion to flavour the oil.
4. Add the blended tatase mixture and crayfish over the oil and fry for 7 minutes.
5. Then add the meat, stockfish and meat stock and the remaining 1 sachet of soup seasoning mix.
6. Hand mix the remaining chopped onion with the ground egusi until it forms a large ball.
7. Cut the egusi into smaller balls and add to the sauce in the pot.
8. Add a little water, cover the pot and leave to cook for 10 minutes.
9. Add the pumpkin leaves and boil for another 15 - 20 minutes.
10. When fully cooked, stir the egusi until it is well mixed with the pumpkin leaves.
11. Serve with pounded yam, amala or fufu.

This is a popular Nigerian soup made with ground melon, seeds, leafy vegetables and meat.

Nutritional Info per serving

Energy (kJ)	3100
Protein (g)	53
Carbohydrates (g)	19
Sugar (g)	7
Fibre (g)	3.0
Fat (g)	52
SAFA (g)	21
Sodium (mg)	830

A taste of Africa



Fufu and Light Soup

Serves: 6

Ingredients

For the soup:

1 piece ginger (6 g), crushed
6 garlic cloves (18 g), crushed
1 kg goat meat pieces
2 medium sized onions (300 g), chopped
1 **Royco** Shrimp Tablet (10 g)
5 whole tomatoes (400 g), chopped
3 red bell peppers (330 g), chopped
2 whole (120 g) garden eggs (resembling a white/pale green brinjal)
2 sachets **Royco** Soup Powder (2 x 6 g)

For the fufu:

3 tubers of cassava (600 g), peeled and chopped
4 fingers of plantain (1 kg), peeled and chopped
Water, for boiling and as needed during cooking

Method

1. **Prepare the soup:** Blend ginger and garlic together.
2. Wash goat pieces and spice with garlic and ginger paste and ½ the onions.
3. Crumble 1 shrimp tablet over spiced goat meat in a pot and cook until tender.
4. In another pot, cook remaining onion, tomato, pepper and garden eggs.
5. Once cooked, blend and then sieve. Pour the puree over the cooked meat.
6. Add water to achieve desired thickness and add the soup powder. Stir and allow to simmer, until well blended.
7. **Prepare the fufu:** Wash the cassava and plantain and cook in boiling water, until tender.
8. Pound the plantain separately and then the cassava.
9. Pound both together until it becomes a consistent mass.
10. Dish out desired portions in a bowl.
11. Serve the fufu with the light goat soup.

Fufu is a staple food in Ghana. It is made by boiling starchy crops and pounding them into a dough-like consistency. A small ball of fufu is dipped into soup and swallowed whole.

Nutritional Info per serving

Energy (kJ)	2500
Protein (g)	40
Carbohydrates (g)	105
Sugar (g)	34
Fibre (g)	9
Fat (g)	5
SAFA (g)	1.5
Sodium (mg)	1130

A taste of Africa



This dish is best served as it is, but can also be enjoyed over rice or with a side of crusty bread/chapatis. So if you love your beans, this is a MUST-TRY recipe!



Githeri

Serves: 6

Ingredients

50 ml cooking oil
1 onion (150 g), chopped
1 **Knorr** Beef Stock Cube
2 tomatoes (150 g), chopped
2 medium carrots (100 g), diced
20 ml cold water
200 g boiled maize
300 g boiled red beans
1 small red pepper, (50 g) diced
1 small green pepper, (50 g) diced
1 small yellow pepper, (50 g) diced
20 g **Royco** Mchuzi Mix
Dhania, chopped

1. Heat the oil and fry the onion until it starts to brown, stirring constantly to avoid burning.

Method

2. Add the stock cube, tomatoes and carrots and stir. Allow to cook while covered. For faster cooking, blend the tomatoes.
3. Allow the tomatoes to cook for 2 minutes and add a little water, if necessary, to avoid drying up or sticking to the pot.
4. Add the githeri (boiled maize and beans), stir, and allow to cook for 1 minute. Add the peppers, stir and leave covered for a further 2 minutes. Add a little water and allow to cook.
5. Add just enough hot water to the gravy to cover the githeri.

Spicy githeri is an irresistible top dish in Kenya, typically comprised of boiled beans and maize.

6. Dilute the Mchuzi Mix in 20 ml cold water and add to the githeri when the water starts to bubble. Allow to simmer for 2 minutes, or until the gravy is nice and thick.
7. The food is ready when the vegetables are slightly crunchy. It should take about 8 minutes from the time you add the tomatoes/carrots to the time you turn off the heat.
8. Serve hot and garnish with chopped dhania/coriander.

Soak the beans before boiling as this reduces anti-nutrients such as Phytic Acids naturally found in beans. Phytates bind minerals and make them unavailable to the body.

A combination of maize and beans is complementary and provides a complete protein (all 9 essential Amino Acids).

Nutritional Info per serving

Energy (kJ)	1200
Protein (g)	8
Carbohydrates (g)	44
Sugar (g)	4
Fibre (g)	5
Fat (g)	10
SAFA (g)	1.5
Sodium (mg)	1650



There are many variations to this dish but the main ingredients are rice, tomatoes, onion and red pepper – with **Knorr** or **Royco** cubes for seasoning.



Jollof Rice

Serves: 6

Ingredients

For the pepper mix:

1 small (50 g) tatase (red bell pepper), chopped
2 (25 g) sombo (cayenne pepper), chopped
2 medium (100 g) fresh tomatoes
1 (120 g) red onion, chopped
30 g tomato paste
200 ml water

For the chicken:

600 g chicken pieces
50 ml water
1 tblsp **Rajah Mild & Spicy** Curry Powder
1 tblsp **Robertsons** Thyme
4 **Knorr** Stock Cubes (4 x 4 g)
100 ml palm oil
¼ red onion (20 g), chopped
50 g red onion, sliced
2 cups rice, par-cooked

Method

1. Prepare the pepper mix:

In a blender, combine the pepper mix ingredients and blend until smooth.

2. Prepare the chicken: In

a pot, cook the chicken with a small amount of water on a low heat. Add the curry powder, red onion, thyme and 2 stock cubes.

3. Heat palm oil in a pan and

fry the onion to flavor. Fry the cooked chicken until golden brown.

4. Set chicken aside and

add the pepper mix and remaining 2 stock cubes to the oil in the pan. Cook in the oil until dry.

5. Add the par-cooked rice

and just enough water to cover the rice. Cook on a low heat for 15 – 20 minutes, or until the rice is cooked. Stir occasionally to avoid burning.

6. Serve as in the picture.

Jollof rice is the most popular rice recipe in Nigeria and a flavoursome dish to introduce you to West African cuisine!

Did you know that palm oil is red in colour because of its high Beta Carotene content?

Palm oil can be semi-solid at room temperature due to its high saturated fat content. Palm oil is typically used in Nigerian cooking but meal preparation can also be done using other vegetable oils with healthier fat profiles, e.g. sunflower oil or canola oil.

Nutritional Info per serving

Energy (kJ)	2300
Protein (g)	24
Carbohydrates (g)	56
Sugar (g)	3.5
Fibre (g)	3.0
Fat (g)	26
SAFA (g)	15
Sodium (mg)	700

A taste of Africa



This Kenyan
beef stew is a
recipe enjoyed in
the majority of
households, and is
always so delicious
when made
with **Royco!**



Kenyan Beef Stew with Vegetables

Serves: 6

Ingredients

45 ml vegetable oil
500 g boneless beef
1 red onion (150 g), chopped
1 **Knorr** Beef Cube
1 large tomato (100 g), diced small
1 medium (100 g) green pepper, diced
4 medium carrots (200 g), diced
200 g courgette, diced
100 g cooked green peas
20 g **Royco** Mchuzi Mix
500 ml water, for use during cooking as needed

1. Heat oil in a suitable sufuria/ pot. Add the beef while the heat is on high and stir once. Add the onions.

Method

2. Cover the pot to allow the meat to cook in its own juices. As the liquid reduces, the meat will start to brown.
3. Stir the meat and allow to cook, while covered, with the heat reduced for 2 minutes.
4. If the meat is still tough, keep cooking on low heat for a further 5 minutes. Add water to deglaze the pot and prevent the meat from sticking.
5. While the meat is semi-dry, add the beef cube and tomatoes, and stir. Allow the tomatoes to cook until softened, while covered.

6. Add the peppers, carrots and courgettes and cook for one minute while stirring. Allow to cook in the thick gravy. Add the cooked peas and hot water to cover the meat and form the gravy.
7. In a cup, dilute the mchuzi mix with a little cold water, then pour into the cooking stew. Stir and allow to simmer for 2 minutes, until thickened.
8. Turn off the heat when the peppers and vegetables are cooked.
9. Serve hot with rice and a portion of leafy vegetables.

A favourite dish eaten by millions of Kenyans and usually accompanied by ugali, rice or chapati.

Skim off all fat from the meal when it cools to reduce the saturated fat content of the dish.

You can keep the skin on the carrots to add more fibre to the dish.

Before cooking, tenderize your meat with Papain - an enzyme extracted from papaya.

Nutritional Info per serving

Energy (kJ)	1500
Protein (g)	15
Carbohydrates (g)	13
Sugar (g)	6
Fibre (g)	3
Fat (g)	28
SAFA (g)	11
Sodium (mg)	1775

A taste of Africa



Pepper stew is a popular stew, which uses common Nigerian ingredients to give a hot pungent sauce.



Nigerian Beef (Pepper) Stew

Serves: 6

Serve with a fresh, crunchy salad.

Ingredients

For the pepper mix:

2 medium tomatoes (100 g), chopped
1 small (75 g) tatase (red bell pepper), chopped
2 - 3 (45 g) sombo (cayenne pepper), chopped
1 red onion (120 g), chopped
50 g tomato paste
200 ml water

For the meat:

600 g beef
50 ml water
20 g red onion, chopped
1 tblsp **Rajah Mild & Spicy** Curry Powder
1 tblsp **Robertsons** Thyme
4 **Knorr** Beef Stock Cube (4 x 4 g)
100 ml palm oil
½ red onion (50 g), sliced

Method

1. Prepare the pepper mix:

In a blender, combine the pepper mix ingredients and blend until smooth.

2. Prepare the meat: In a pot,

cook the beef with a small amount of water and add the red onion, curry powder, thyme and 2 stock cubes.

3. Heat palm oil in a pan and fry the onion to flavor. Add the cooked meat and fry until golden brown.

4. Set meat aside and add the pepper mix and remaining stock cubes to the oil in the pan. Cook in the oil until dry.

5. When the pepper mix is ready, add the meat and cook for 2 minutes.

6. Serve with rice or fufu.

Meat dishes are loved in Africa, but also contribute substantially to our saturated fat intake. Some tips to cut down on the saturated fat content of this meal:

- Use less oil in cooking
- Use healthier vegetable oils (lower in saturated fat)
- Use leaner meat cuts
- Trim visible fat off meat

Nutritional Info per serving

Energy (kJ)	2500
Protein (g)	17
Carbohydrates (g)	11
Sugar (g)	4.5
Fibre (g)	4
Fat (g)	56
SAFA (g)	27
Sodium (mg)	650

A taste of Africa



A winning recipe
that calls for simple
ingredients and perfect
for a meatless Monday
dinner!



Soya Mince Noodle Bake

Serves: 6

Ingredients

200 g **Knorrox** Savoury Flavour Soya Mince
2 cups water
2 tblsp cooking oil
1 onion, finely chopped
1 green pepper, chopped
1 tblsp **Rajah** Mild & Spicy Curry Powder
1 **Knorrox** Beef Stock Cube
4 tblsp tinned tomato & onion mix
1 packet macaroni (500 g), cooked and drained
½ cup cheddar cheese, grated

Method

1. Preheat oven to 180°C.
2. Place soya mince in a bowl with the water and set aside to soak.
3. Heat oil in a pot and gently fry the onion and green pepper until soft.
4. Add the curry powder and fry for 1 minute.
5. Add the soya mince with the water and the stock cube, stir well and allow to simmer for 10 - 12 minutes,
6. Add the tomato and onion mix, stir well and allow to simmer for a further 5 minutes.
7. Mix the soya mince with the cooked macaroni, transfer to an oven proof casserole dish and top with grated cheese.
8. Bake for 10 minutes or until the top is golden brown and crispy.

To get the best results from your soya mince, soak it in water for 15 minutes before adding to the pot.

Soya mince is a popular and affordable protein replacement in South Africa. This recipe combines delicious soya mince with macaroni, and makes enough to feed a large family!

Nutritional Info per serving

Energy (kJ)	1390
Protein (g)	14.6
Carbohydrates (g)	41.3
Sugar (g)	5.3
Fibre (g)	3.8
Fat (g)	10.3
SAFA (g)	3.1
Sodium (mg)	1212

Replace the cheesy coating with slices of fresh tomato and **Robertsons** Paprika to reduce the fat and sodium of the dish. This adds extra flavour and colour to the meal.



Sukuma wiki is best prepared with **Royco** Beef Cubes, which add great taste to the dish, and is best enjoyed with ugali. It can also be served with rice, matoke or githeri. Make sure every ingredient is ready before you start cooking, as this is a fast cooking procedure.



Sukuma Wiki

Serves: 6

Ingredients

60 ml cooking oil
1 onion (100 g), sliced
1 tomato (100 g), diced
400 g sukuma wiki (kale),
cut into thin strips
2 **Royco** Beef Cubes

Method

1. Cook the onion with the oil in a suitable pan/pot until soft or translucent. Do not allow to brown.
2. Add the tomato and allow to cook for a few minutes, then add the sukuma wiki and cook for about 2 minutes, stirring constantly.
3. Crush the beef cubes into the cooking sukuma wiki. Stir and allow to cook further for about 2 minutes, or until the sukuma wiki is cooked, but still bright green in colour.
4. Serve hot as a side dish or with ugali.

Do not cover sukuma wiki when cooking as this increases the temperature within the pot, which discolours the sukuma wiki and destroys some heat-sensitive nutrients. You do not need to add salt to sukuma wiki when prepared with **Royco** Beef Cubes.

This is a popular vegetable side dish eaten across the entire Kenyan population. It is prepared from kale, popularly known as “sukuma wiki”, which literally means “an easy affordable recipe that pushes you through the week”.

Nutritional Info per serving

Energy (kJ)	530
Protein (g)	2.5
Carbohydrates (g)	9
Sugar (g)	1
Fibre (g)	2
Fat (g)	10
SAFA (g)	1.5
Sodium (mg)	850

A taste of Africa



Tuna is such a versatile pantry item so why not use those tins in your cupboard to prepare these tasty fishcakes? They're great to use as a lunchbox left over too!

Tasty Tuna and Chives Fishcakes

Serves: 8

Ingredients

500 g potatoes, peeled and cubed
4 tins of tuna in salt water, drained
1 onion, grated
1 lemon, zest and juice
1 sachet **Knorr** Sour Cream &
Chives Potato Bake
250 ml cake flour
3 eggs, lightly beaten
500 ml breadcrumbs

Method

1. Steam or boil the potatoes until soft, then mash.
then shake off the excess. Then dip into the beaten egg, then into the bread crumbs to coat.
2. Combine with the tuna, onion, lemon zest and juice and the contents of the potato bake sachet, then shape into patties.
5. Heat some oil in a pan and fry the fishcakes in batches until golden brown, then allow to drain on a paper towel.
3. Place the cake flour, eggs and bread crumbs into separate bowls.
6. Serve with a fresh side salad and mayonnaise.
4. Dip a fishcake into the flour,

Tuna fish is a good source of protein. Using **Knorr** Potato Bake delivers loads of flavour without needing to add any extra salt to the recipe.

This recipe calls for tinned tuna which is readily accessible and affordable.

Increase the Omega-3 content by substituting tinned tuna with tinned salmon.

Nutritional Info per serving

Energy (kJ)	1046
Protein (g)	19.4
Carbohydrates (g)	35.9
Sugar (g)	1.5
Fibre (g)	2.1
Fat (g)	2.1
SAFA (g)	0.6
Sodium (mg)	617

A taste of Africa



It may take a little
time to prepare,
but this hearty and
comforting dish is
well worth the effort!



Umngqusho

Serves: 4

Ingredients

500 g samp and beans
Boiling water, to soak
Water, to cook
30 ml oil
10 ml **Robertsons** Garlic Flakes
2 onions, finely chopped
1 green pepper, seeded and diced
30 ml **Rajah** Mild & Spicy Curry Powder
30 ml masala
2 **Robertsons** Bay Leaves
15 ml **Robertsons** Mixed Herbs
500 g stewing steak
410 g tin of chopped tomatoes
500 ml beef stock

Method

- 1 Soak the samp and beans mixture in boiling water preferably overnight or for a few hours. Rinse and transfer to a saucepan and cover with fresh water. Cook for about 1 hour until soft. Strain and set aside.
- 2 Heat the oil and fry the garlic flakes, onions and green pepper. Add the curry powder, masala, bay leaves and mixed herbs, then brown the meat in batches.
- 3 Add the tomatoes and cooked samp and beans, and season to taste.
- 4 Pour over the stock, stir and simmer covered, over a low heat, until the meat is tender.

We all eat too much salt. Using **Robertsons** Herbs means you can deliver great flavour to your meals, without adding any extra salt for seasoning.

Pronounced “mmn (click) oosho”, this traditional South African recipe varies in how it is cooked from region to region and is typically eaten on a Sunday, together with the family.

Beans are a great source of dietary fibre, which helps to give you a greater sense of fullness and has other health benefits.

Nutritional Info per serving

Energy (kJ)	1497
Protein (g)	21.9
Carbohydrates (g)	22.2
Sugar (g)	3.3
Fibre (g)	6.6
Fat (g)	18.0
SAFA (g)	5.85
Sodium (mg)	366

A taste of Africa



You can also explore using other root vegetables in this recipe like taro (amadumbe) and sweet potato to add nutritional variety.

Yam Pottage

Serves: 6

Ingredients

500 g beef
2 sachets **Knorr** Stew Seasoning
(6 g x 2)
2 kg yam tuber, washed and peeled
125 ml palm oil
5 g chilli pepper
50 g dried crayfish
400 g dried or smoked fish
1 small bunch (100 g) pumpkin leaves,
chopped

Method

1. Season the meat with 1 sachet of stew seasoning and boil until tender. Keep aside.
2. Boil the yam and then add the palm oil, remaining sachet stew seasoning, chilli pepper and dried crayfish.
3. When the yam is soft, add the dried or smoked fish.
4. Stir in the pumpkin leaves and allow to cook.
5. Add the cooked meat and serve hot.

Portion control is important to help curb increased energy intake. For very active adults and growing children, a high energy meal helps to meet nutrient needs, especially when only one big cooked meal is eaten in the day. For many sedentary adults, with access to a large variety of foods at mealtimes, regular consumption of large portions of high energy dishes contributes to obesity.

Pottage is a thick soup or stew made by boiling vegetables, grains, and if available, meat.

Nutritional Info per serving

Energy (kJ)	3700
Protein (g)	37
Carbohydrates (g)	94
Sugar (g)	2.0
Fibre (g)	14
Fat (g)	41
SAFA (g)	26
Sodium (mg)	770

A taste of Africa



Banana bread is a quick and easy bread with mashed bananas as its main ingredient. This is a delicious way to use up ripe bananas when in season.



Banana Bread

Serves: 10

Ingredients

120 g **Blue Band** Margarine
150 g sugar
2 eggs, beaten
250 ml banana pulp (4 ripe bananas mashed)
15 ml lemon juice
240 g cake flour (500 ml)
2 ml salt
5 ml bicarbonate of soda
30 ml milk

Method

1. Preheat oven to 180°C.
2. Cream the margarine and sugar and beat in the eggs one at a time.
3. Add the banana pulp and lemon juice.
4. Sift the dry ingredients together and stir into the creamed mixture alternating with the milk.
5. Turn the batter onto a lined and greased loaf tin and bake in a moderate oven at 180°C for 1 hour, or until cooked through.
6. Serve warm with margarine.

Variations of banana bread can include ingredients such as chopped nuts, dried or candied fruit, chocolate chips and practically any other ingredient that excites your taste buds.

Ripe or overly ripe bananas are ideal to use in banana bread because the riper a banana becomes, the sweeter it gets.

Nutritional Info per serving

Energy (kJ)	1101
Protein (g)	5.9
Carbohydrates (g)	38.4
Sugar (g)	18.8
Fibre (g)	1.0
Fat (g)	9.8
SAFA (g)	5.2
Sodium (mg)	181

A taste of Africa

MADE IN AFRICA

Make your own
version using other
Lipton tea flavours.
Remember to always
use freshly drawn
potable water when
boiling water for tea.



Green Tea and Mint Drink

Serves: 1

Ingredients

1 Lipton Green Tea teabag
240 ml boiling water
10 fresh mint leaves
2 tsp sugar
1 tsp lime juice
Extra fresh mint leaves and
a slice of lime (optional)

Method

1. Prepare a cup of green tea by pouring 240 ml boiling water onto the tea bag. Leave to infuse for 2 minutes, then leave to cool.
2. Place the mint leaves and sugar into a cocktail shaker or pestle and mortar and mash together to create a mint pulp.
3. Add the cooled tea and the lime juice. Shake or stir.
4. Pour the tea and mint pulp over ice cubes to serve. Garnish with a sprig of mint and a slice of lime.

This is a non-alcoholic twist on the classic Mint Julep cocktail, and a wonderful way of jazzing up your regular cup of green tea.

Tea provides a great way to help keep your body refreshed and quench your thirst. Tea naturally contains flavonoids. Diets rich in flavonoids, which are also abundant in fruit and vegetables, have been associated with an array of favourable effects on human physiology, in particular on cardiovascular health.

Nutritional Info per serving

Energy (kJ)	138
Protein (g)	<0.5
Carbohydrates (g)	8
Sugar (g)	8
Fibre (g)	0
Fat (g)	0
SAFA (g)	0.0
Sodium (mg)	30

The difference between black, green, oolong and white tea lies in the way they are processed. Green tea leaves are typically heated with steam or pan roasted. This heating process stops the enzymatic reaction. Therefore green tea is rich in catechins.

A taste of Africa



This dish adds the colour and texture of fruit with wafers to turn ice cream into something much more exciting - a pirate ship!



Pirate Ship Banana Split

Serves: 6

Kids will love making, and eating this fun and tasty ice cream dessert.

Ingredients

6 scoops (300 g) **Ola Rich 'n Creamy** vanilla ice cream
6 raspberries
2 bananas
16 blueberries
4 ice cream wafers
2 peach slices
4 strawberries

Method

1. Place 3 scoops of ice cream on 2 serving dishes. Place a raspberry on top of each scoop.
2. Slice the bananas in half lengthways, and place 2 halves on each dish; on either side of the ice cream to make the pirate ship's body.
3. Use toothpicks to hold them in place. Attach some blueberries onto the sides for portholes.
4. Stick the wafers into the ice cream for sails.
5. Place a slice of peach at one end of each ship for a bow.
6. Cut up some strawberries to make scary sharks.
7. Get the family aboard, tuck in and enjoy!

You can experiment with different fruits, depending on the season, to vary the colours, flavours and textures of this fun dish.

The term ice cream covers a broad range of different types of frozen desserts, with the common link that they are all sweet tasting, distinctively flavoured, contain particles of ice, and unlike any other food, are consumed frozen.

Nutritional Info per serving

Energy (kJ)	401
Protein (g)	5.1
Carbohydrates (g)	15
Sugar (g)	9.1
Fibre (g)	1.5
Fat (g)	2.7
SAFA (g)	1.4
Sodium (mg)	65

Did you know we are the global market leader for ice cream and offer a wide range of products, varying from indulgent treats to lighter options, setting the highest standards on our ice creams from manufacturing to high quality ingredients?

Promoting behaviour change for salt reduction

The salt challenge cannot be solved by one company acting alone. Ultimately, it requires collaboration between industry, governments, NGOs, public health organisations, healthcare professionals, chefs, restaurants, the catering trade and the scientific community. For example, those working in the health sector are responsible for encouraging people to reduce their salt intake, while chefs have the ability to demonstrate to the public that low salt food can taste great. Without an increase in consumer awareness, the impact of reformulation efforts by us and the rest of the food industry will continue to be low. Unilever conducted research with the International Union of Nutritional Sciences (IUNS), which showed that the majority of people do not see a need to lower their salt intake. It also showed that when governments or NGOs run salt awareness campaigns, there is more demand for low salt products. The research led to the joint development of workshops with IUNS to generate consumer-friendly approaches to promoting salt reduction. The research and workshops highlighted

that taste is the most important factor for people when buying products. At the moment, we generally do not communicate about salt reduction on-pack as most people are not motivated to choose 'reduced-salt' products. We believe people need to be educated not only about the health benefits of a reduced salt diet, but also about the great taste of lower-salt products. Unilever also supported the Heart and Stroke Foundation in South Africa in hosting a Salt Summit in South Africa (March 2014). Government, NGO and industry-wide efforts are essential for gradual changes in salt levels and consumer behaviour. We are playing our part by helping shape solutions for behavioural change.



Working with smallholder farmers in Africa

As the largest private buyer of Kenyan smallholder tea, our Lipton tea brand set up a public–private partnership project in 2006 with the Kenya Tea Development Agency (KTDA) and other partners to train smallholder farmers in sustainable tea cultivation. The initial plan targeted 120 farmers to be trained through farmer field schools. In the event, due to its success, 720 farmers were trained. Improved sustainability practices enabled 38 000 smallholders in Kenya to achieve Rainforest Alliance certification by the end of 2009, helping them boost their incomes and also helping us achieve our target to certify our tea.

Alongside sustainable sourcing in Africa, we are also focusing on livelihood impact, mobile technology and targeted training for women. In 2013, Unilever signed an agreement with the Tanzanian government to accelerate sustainable agriculture growth for tea. This aims to positively impact the local community in Mufindi through the development of 6 000 hectares of smallholder tea farms.





*Flora Pro Activ
helps communities
lower cholesterol*

Villiersdorp residents in South Africa have shown the nation that they have heart, by coming together in a commitment to lower their cholesterol and get heart healthy in the Flora 21 Day Cholesterol Challenge. Ninety six percent of the Flora 21 Day Cholesterol Challenge participants successfully lowered their cholesterol! The initiative, to test and lower a community's cholesterol levels with a lifestyle programme, was designed to dramatically improve heart health within 21 days. Those that participated have made history as it's the first time that an initiative like this has taken place in South Africa.

Heart disease is the second leading cause of death in South Africa. Of the 2 000 Villiersdorp residents who initially had their cholesterol tested, 594 discovered they were in the high risk category. Forty one percent of those who tested high, had never had their levels checked before. 164 of the high risk candidates volunteered for

Flora's 21 Day Cholesterol Lowering Challenge, which set out to prove that including a 25 g daily intake of Flora Pro Activ as part of a healthy eating plan, combined with exercise and informed lifestyle choices, can lower cholesterol levels by up to 15% in three weeks, thereby reducing the risk of heart disease.

After 21 days, 18 walks, 12 heart conditioning classes, 3 cooking demos, nutritional consultations, a Sökkie dance evening and a healthy supply of Flora Pro Activ, 120 participants had their cholesterol levels tested again on 13 February 2014 by an independent registered nurse. Results show the genuine effects of lifestyle change. The average cholesterol of those who completed the challenge on day 1 of the challenge was 6.1mmol/l and after the 21 day challenge was 4.6mmol/l - a 24% reduction.

For more info visit: www.florastrongheart.co.za

Royco jiko clean stove in Kenya



Exposure to smoke from cooking is the 4th largest risk factor for disease in the developing world and causes around 600 000 deaths in Africa per year. With increasing fuel prices and the high burden being placed on our forests due to wood being used in cooking, more sustainable, cost-effective and environmentally friendly solutions are much needed.

The Unilever brand Royco partnered with Envirofit in Kenya to promote a clean energy charcoal cooking stove. The Jiko clean stove has the benefit of using 50% less fuel than a traditional stove – an attractive proposition for households as it saves them money. Furthermore, the Jiko clean stove has 80% reduction in smoke emissions – so it is much healthier for families and for the environment. People who used the clean stove also commented on how food tasted differently (much better) due to the

reduction in smoke contamination while cooking. 600 stoves were sold and over 3 000 consumers impacted. Consumers are expected to save up to 15 million KES over the next 5 years and over 7 500 carbon tonnes will also be saved.





Helping chefs understand what's in their food

The Unilever Food Solutions (UFS) World Menu Report 1 (What's in Your Food?) showed that people want more information about the food they eat outside their homes. This is in order to help them have better diets and lead better lives. Some countries, such as South Africa, have legislation requiring chefs and operators to be able to answer guests' questions about the food they serve and the products they use. The UFS Food Label Service was developed to provide chefs, cooks and operators with the necessary information to learn, understand and appreciate what is in the food they serve, the products

they use and how it is labelled. In plain and simple language, the guide and templates explain the key facts about ingredients, food additives, different dietary needs (such as halaal and kosher), allergies, storage and nutritional information found on-pack. The guide is supported by a professional industry body, the Restaurant Association of South Africa, which helps to increase the credibility of the service amongst chefs. Recipes for dietary requirements were included to provide an opportunity to drive sales of UFS products once the service had been rolled out and was trusted by operators.

Wonderbag Project in South Africa

The Rajah brand in South Africa partnered with Natural Balance to give away 350 000 Wonderbags to households in South Africa. The recycled polystyrene filled Wonderbag uses a heat retention principle to slow cook food after it has been brought to boiling point. Consumers benefit from significant energy and water savings (50% of the energy and 33% of the water normally used for cooking), and the manufacture of the bags has boosted local employment. Used 2 - 3 times a week,

the Wonderbags can reduce carbon emissions by ½ ton per household annually. Wood demand will also drop and air quality will improve with the reduction of cooking times. A strong educational campaign on the Wonderbags's benefits was developed through radio communication and in-store support, including cook- ups, recipes and an instruction booklet.

wonderbag.



Tastes of **Africa**



www.unileverhealth.co.za

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