

Mkwhani (pumpkin leaf relish)

(If you can't find pumpkin leaves, you can substitute spinach or a similar leafy green.)



1 tsp salt

1 cup water

4 cups chopped pumpkin leaves (remove the outer fibres before chopping)

3 tomatoes, deseeded and chopped

½ cup ground peanuts (pulse raw peanuts in a food processor until they resemble a powder)

Hold each pumpkin leaf by the stem.

Remove the stringy outer fibres by pulling them from the stem to the tip of the leaf.

Chop the prepared leaves.

Bring the water and salt to the boil in a pot over medium-high heat.

Add the chopped pumpkin leaves and cover.

Reduce heat and simmer for five minutes.

Add tomatoes and ground nuts and stir gently to combine.

Cover and simmer for another five minutes or until the water has been absorbed and the consistency is thick.