

Lunch Recipes

Power through your day with purposeful plates

Welcome to Tango Fresh Kenyan lunch recipes to power your mood & mind

Midday meals are more than just a pause to refuel, they're a vital reset that can either uplift your energy, sharpen your thinking, or help you find calm in the middle of a busy day. In a world that constantly pulls our attention in different directions, what you eat for lunch plays a big role in how you feel and function for the rest of the day.

This collection of 10 Kenyan-inspired lunch recipes has been thoughtfully curated to do more than satisfy hunger. These meals are rich in ingredients that support your emotional wellness and cognitive health helping you feel grounded, focused, and emotionally balanced as you power through your day.

Drawing from the nourishing goodness of traditional Kenyan cuisine, each recipe offers familiar flavors with functional benefits. Whether you're enjoying a hearty plate of ndengu stew, a brain-boosting grilled tilapia, or a comforting bowl of githeri, you're not just feeding your body but also caring for your mind and emotions.

The recipes are grouped by how they support your wellness needs:

- For clarity & focus – nutrient-rich meals to support mental sharpness and cognitive energy
- For calm & emotional balance – ingredients that soothe the nervous system and regulate mood
- For steady energy & grounding – meals that offer lasting fullness, energy stability, and comfort

Each dish is:

- Easy to prepare with local ingredients
- Designed to work with your natural rhythms
- Rooted in balanced nutrition and traditional Kenyan wisdom
- Delicious, colorful, and satisfying

So whether you're stepping away from your desk, sharing a meal with family, or seeking a mindful break in your day, these lunch recipes are here to support your body and mind, one nourishing bite at a time.

Table of content

1. For clarity & focus

These lunches are packed with brain-boosting nutrients like omega-3s, iron, and B vitamins that enhance concentration, memory, and clear thinking throughout the day.

- Grilled Tilapia with Ugali and Sautéed Sukuma Wiki
- Ndengu (Green Gram) Stew with Brown Rice and Kachumbari
- Beef and Vegetable Stir Fry with Brown Rice
- Fish Curry with Rice and Spinach
- Vegetable and Lentil Stew with Brown Rice

2. For calm & emotional balance

Made with calming herbs, magnesium-rich greens, and mood-regulating proteins, these meals help reduce stress, balance emotions, and support inner peace.

- Chicken Stew with Sweet Potatoes and Spinach
- Omena (Silverfish) with Ugali and Sautéed Managu
- Sweet Potato and Bean Salad with Lemon Dressing

3. For steady energy & grounding

With a blend of complex carbs, healthy fats, and fiber-rich whole foods, these dishes provide sustained energy, curb mood dips, and offer a comforting sense of balance.

- Githeri (Maize and Beans) with Avocado Salad
- Chapati with Vegetable Curry

1. Grilled Tilapia with Ugali and Sautéed Sukuma Wiki

This meal supports brain function and focus with omega-3s and iron. It also provides steady energy and essential nutrients for overall mental clarity.



Prep time: 40 mins

Serves: 3

Ingredients:

- 1 whole tilapia, cleaned
- 2 cups maize flour (for ugali)
- 4 cups water
- 3 cups chopped sukuma wiki
- 2 tbsp vegetable oil
- Salt, pepper, lemon juice, garlic

Instructions:

1. Marinate tilapia with salt, pepper, minced garlic, and lemon juice.
2. Grill tilapia until cooked through (~15-20 mins).
3. Boil water, gradually add maize flour stirring continuously until thickened into ugali.
4. Heat oil, sauté sukuma wiki with salt until tender.
5. Serve tilapia with ugali and sukuma wiki.

2. Ndengu (Green Gram) Stew with Brown Rice and Kachumbari

A grounding and nourishing meal rich in folate, fiber, and antioxidants great for supporting brain function and gut health.



Prep time: 45 mins

Serves: 4

Ingredients:

- 1 cup ndengu (green grams), soaked overnight
- 1 cup brown/white rice
- 2 tomatoes, chopped
- 1 onion, chopped
- 1 tbsp oil
- Salt, cumin, chili (optional)
- Kachumbari (tomato, onion, coriander, chili)

Instructions:

1. Cook rice separately until fluffy.
2. Heat oil, sauté onions until translucent.
3. Add tomatoes and spices; cook until soft.
4. Add soaked ndengu and water, simmer until tender (~30 mins).

3. Beef and Vegetable Stir Fry with Rice

A nourishing meal that supports brain function and steady energy, helping you feel grounded and focused.



Prep time: 35 mins

Serves: 3

Ingredients:

- 300g lean beef strips
- 2 cups mixed vegetables (carrots, bell peppers, broccoli)
- 1 cup brown/white rice
- 2 tbsp soy sauce
- 1 tbsp oil
- Salt and pepper

Instructions:

1. Cook rice as per package instructions.
2. Heat oil, stir fry beef until browned.
3. Add vegetables, cook until tender-crisp.
4. Add soy sauce, salt, and pepper. Serve over rice.

4. Fish Curry with Rice and Spinach

Boosts brain clarity and emotional balance with omega-3s from fish and iron from spinach, while rice provides steady, grounding energy.



Prep time: 45 mins

Serves: 3

Ingredients:

- 300g white fish fillets (tilapia or kingfish)
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 cup brown/white rice
- 3 cups spinach
- 1 tbsp oil
- Curry powder, salt, pepper

Instructions:

1. Cook rice as per instructions.
2. Heat oil, sauté onions until soft.
3. Add pureed tomatoes, curry powder, salt, and pepper.
4. Add fish pieces and cook gently for 15 mins.
5. Wilt spinach in pan separately.
6. Serve fish curry with rice and spinach.

5. Vegetable and Lentil Stew with Brown Rice

A nourishing meal that helps restore balance and improve mood by supporting digestion and steady energy.



Prep time: 50 mins

Serves: 4

Ingredients:

- 1 cup red lentils
- 2 carrots, chopped
- 1 cup spinach
- 1 onion, chopped
- 2 tomatoes, chopped
- 1 cup brown/white rice
- 1 tbsp oil
- Salt, cumin

Instructions:

1. Cook rice separately.
2. Heat oil, sauté onions, add tomatoes, carrots, and spices.
3. Add lentils and water, simmer until lentils are soft (~30 mins).
4. Stir in spinach at the end. Serve with rice.

6. Chicken Stew with Sweet Potatoes and Spinach

This comforting stew combines lean protein and fiber-rich veggies to support emotional balance and nourish your body after a long day. It helps you wind down while keeping your mood stable and your energy steady.



Prep time: 50 mins

Serves: 4

Ingredients:

- 500g chicken pieces
- 2 medium sweet potatoes, peeled and cubed
- 3 cups fresh spinach
- 2 tomatoes, pureed
- 1 onion, chopped
- 2 tbsp oil
- Salt, pepper, garlic

Instructions:

1. Heat oil, sauté onions and garlic until soft.
2. Add chicken pieces, brown on all sides.
3. Add pureed tomatoes, salt, and pepper; simmer for 20 mins.
4. Add sweet potatoes, cook until tender (~15 mins).
5. Stir in spinach until wilted. Serve hot.

7. Omena (Silverfish) with Ugali and Sautéed Managu

A grounding meal that supports emotional balance and brain health. Omega-3s in omena and the nutrient-rich managu help calm the nervous system.



Prep time: 30 mins

Serves: 3

Ingredients:

- 1 cup dried omena, cleaned
- 2 cups maize flour (ugali)
- 3 cups water
- 3 cups chopped managu
- 2 tbsp vegetable oil
- Salt

Instructions:

1. Fry omena in oil until crispy, season with salt.
2. Prepare ugali by boiling water and adding maize flour gradually while stirring until thickened.
3. Sauté managu in oil with salt until tender.
4. Serve omena alongside ugali and managu.

8. Sweet Potato and Bean Salad with Lemon Dressing

Grounding and nourishing, supports digestion and helps calm the body through fiber-rich ingredients.



Prep time: 25 mins

Serves: 3

Ingredients:

- 2 medium sweet potatoes, boiled and diced
- 1 cup cooked kidney beans
- 1 small onion, chopped
- Juice of 1 lemon
- 2 tbsp olive oil
- Salt and pepper

Instructions:

1. Mix sweet potatoes, beans, and onion in a bowl.
2. Whisk lemon juice, olive oil, salt, and pepper to make dressing.
3. Toss salad with dressing and serve.

9. Githeri with Avocado Salad

Githeri with avocado is packed with protein, fiber, and healthy fats that keep you full and focused. It's a nourishing, grounding meal that supports steady energy and mental clarity.



Prep time: 40 mins

Serves: 4

Ingredients:

- 1 cup maize (soaked or fresh)
- 1 cup beans (soaked)
- 1 avocado, diced
- 1 tomato, diced
- 1 onion, chopped
- 1 tbsp oil
- Salt and lemon juice

Instructions:

1. Cook maize and beans together until tender (~30 mins).
2. Heat oil, sauté onions and tomatoes, mix into githeri.
3. Toss avocado with lemon juice and salt.
4. Serve githeri with avocado salad.

10. Chapati with Vegetable Curry

Chapati provides lasting energy through carbohydrates, while the vegetable curry adds essential vitamins and fiber that help keep your mood steady and your digestion smooth.



Prep time: 45 mins

Serves: 3

Ingredients:

- 3 chapatis
- 2 carrots, diced
- 1 cup peas
- 2 potatoes, diced
- 1 onion, chopped
- 1 tomato, pureed
- 1 tbsp oil
- Curry powder, salt, pepper

Instructions:

1. Heat oil, sauté onions until translucent.
2. Add pureed tomatoes and curry powder, cook for 5 mins.
3. Add vegetables and water, simmer until cooked.
4. Serve curry with chapati.