



# UCCOOK

## Biltong Con Carne

with sour cream & fresh coriander

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Rhea Hsu

**Wine Pairing:** Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	500kj	3727kj
Energy	119kcal	891kcal
Protein	7.6g	57g
Carbs	16g	122g
of which sugars	3.2g	24g
Fibre	2.5g	18.5g
Fat	2.6g	19g
of which saturated	0.9g	7.1g
Sodium	292mg	2176mg

**Allergens:** Cow's Milk, Gluten, Allium, Wheat

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3		[Serves 4]
3	4	Spring Onions <i>rinse, trim &amp; finely slice</i>
2	2	Bell Peppers <i>rinse, deseed &amp; dice 1½ [2]</i>
120g	160g	Corn
30ml	40ml	Tomato Paste
150g	200g	Beef Biltong <i>roughly chop</i>
300g	400g	Cooked Chopped Tomato
60ml	80ml	Spice Mix <i>(30ml [40ml] Mexican Spice &amp; 30ml [40ml] Ground Paprika)</i>
30ml	40ml	Lemon Juice
180g	240g	Kidney Beans <i>drain &amp; rinse</i>
3	4	Sourdough Baguettes <i>cut into thick rounds</i>
150ml	200ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse &amp; pick</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter (optional)  
Seasoning (salt & pepper)  
Sugar/Sweetener/Honey (optional)

**1. YOU CAN CON CARNE** Place a pot over medium heat with a drizzle of oil. When hot, fry the spring onion until soft, 4-5 minutes (shifting occasionally). Add the pepper and the corn, and fry until lightly charred, 4-5 minutes (shifting occasionally). When the corn is charred, add the tomato paste and fry until fragrant, 1-2 minutes (shifting constantly). Add the biltong, the cooked chopped tomato, the spice mix, and 300ml [400ml] of water. Bring to a boil and simmer until slightly thickened, 10-12 minutes (stirring occasionally). In the final 2-3 minutes, stir in the kidney beans and some lemon juice (to taste).

**2. TOASTED BAGUETTE** Spread butter (optional) or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

**3. DINNER IS SERVED** Bowl up the biltong con carne. Dollop over the sour cream and garnish with the coriander. Serve the toasted baguette rounds on the side. Cheers, Chef!