



UCOOK

Fusion Beef Biltong Chilli

with sour cream & fresh coriander

A South African favourite meets mouth-watering flavours of Mexico! It starts with a generous serving of biltong con carne, featuring tangy tomato, rich kidney beans, and charred corn. Dollop over some sour cream, add some freshness with picked coriander, and serve with a side of steaming white basmati rice.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 4 People

Chef: Rhea Hsu

Quick & Easy

Groote Post Winery | Groote Post Riesling
2022

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Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
150g	Diced Onion
2	Bell Peppers <i>rinse, deseed & dice</i>
160g	Corn
4 units	UCOOK Napolitana Sauce
200g	Free-range Beef Biltong <i>roughly chop</i>
80ml	Spice Mix <i>(40ml Old Stone Mill Mexican Spice & 40ml Ground Paprika)</i>
240g	Kidney Beans <i>drain & rinse</i>
40ml	Lemon Juice
200ml	Sour Cream
10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. STEAMY RICE Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. YOU CAN CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 4-5 minutes (shifting occasionally). Add the diced pepper and the corn, and fry until lightly charred, 4-5 minutes (shifting occasionally).

3. CHOP-CHOP! When the corn is charred, add the Napolitana sauce, the chopped biltong and the spice mix. Bring to a boil and simmer until slightly thickened, 8-10 minutes (stirring occasionally).

4. FINISHING TOUCHES When the con carne has thickened, stir through the drained kidney beans. Add a sweetener (to taste), the lemon juice (to taste), and seasoning.

5. DINNER IS SERVED Bowl up the fluffy rice and top with the biltong con carne. Dollop over the sour cream and garnish with the picked coriander. Cheers, Chef!

Nutritional Information

Per 100g

Energy	430kJ
Energy	103kcal
Protein	5.8g
Carbs	16g
of which sugars	3.3g
Fibre	2.3g
Fat	1.8g
of which saturated	0.7g
Sodium	217mg

Allergens

Allium, Cow's Milk

Eat
Within
2 Days