



UCOOK

Simple Beef Con Carne

with toasted baguette rounds

You can't go wrong with con carne, Chef... Especially our UCOOK version with ramped-up mouthwatering Mexican flavours. Take a toasted baguette round and dip it into layers of Mexican-spiced browned beef mince, and pops of golden corn, tangy tomato, black beans & onions. Perfecto!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Simple & Save

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

450g	Beef Mince
2	Onions <i>1½ peeled & roughly diced</i>
120g	Corn
15ml	Mexican Spice
300g	Cooked Chopped Tomato
180g	Black Beans <i>drained & rinsed</i>
3	Baguettes <i>sliced into rounds</i>

From Your Kitchen

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

1. START THE CON CARNE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

2. CON CARNE Add the diced onion and the corn to the mince. Fry until lightly golden, 5-6 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomatoes, 30ml of sweetener, and 450ml of water. Simmer until reduced and thickening, 12-15 minutes. In the final 3-5 minutes, add the drained beans, and cook until warmed through. Remove from the heat and season.

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

4. TIME TO EAT Bowl up the con carne and side with the baguette rounds to scoop up all the goodness. Well done, Chef!

Nutritional Information

Per 100g

Energy	680kJ
Energy	162kcal
Protein	8.4g
Carbs	19g
of which sugars	3g
Fibre	1.8g
Fat	5.6g
of which saturated	2g
Sodium	64mg

Allergens

Gluten, Allium, Wheat

Cook
within 3
Days