



# UCOOK

## Quick Black Bean & Chorizo Con Carne

with sour cream, fresh coriander & corn

In almost no time at all, you will bowl up a delicious and satisfying chorizo con carne on a bed of fluffy basmati rice. Look forward to pops of charred corn, rich kidney beans, and tangy tomato passata.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Strandveld | Grenache

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## Ingredients & Prep

|       |   |
|-------|---|
| 150ml | White Basmati Rice<br><i>rinsed</i>   |
| 1     | Onion<br><i>peeled &amp; roughly diced</i>  |
| 100g  | Sliced Pork Chorizo<br><i>roughly chopped</i>   |
| 80g   | Corn  |
| 20ml  | Tomato Paste  |
| 40ml  | Spice Mix<br><i>(20ml NOMU Mexican<br/>Spice Blend &amp; 20ml<br/>Ground Paprika)</i> |
| 400ml | Tomato Passata  |
| 5g    | Fresh Coriander   |
| 120g  | Kidney Beans  |
| 40ml  | Sour Cream  |
| 10ml  | Lemon Juice   |

## From Your Kitchen

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

**1. RICE** Place the rinsed rice in a pot with 300ml 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 steam, 8-10 minutes. Fluff with a fork and cover.

**2. CHORIZO** Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the chopped chorizo and the corn and fry until browned, 3-4 minutes (shifting occasionally).

**3. CON CARNE** When the corn and chorizo is browned, add the tomato paste and the spice mix. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 300ml of water. Bring to a boil and simmer until slightly thickened, 10-12 minutes (stirring occasionally).

**4. PREP STEP** Rinse and pick the coriander. Drain and rinse the kidney beans.

**5. KIDNEY BEANS** When the con carne has thickened, stir through the drained kidney beans. Add a sweetener and seasoning.

**6. DISH UP** Bowl up the chorizo con carne and the fluffy rice. Dollop over the sour cream, drizzle over the lemon juice (to taste), and sprinkle over the picked coriander. Delish work, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 516kJ   |
| Energy             | 123kcal |
| Protein            | 5.6g    |
| Carbs              | 18g     |
| of which sugars    | 3.4g    |
| Fibre              | 2.7g    |
| Fat                | 3.2g    |
| of which saturated | 1.2g    |
| Sodium             | 274mg   |

## Allergens

Dairy, Allium, Sulphites, Alcohol

Cook  
within  
4 Days