



# UCCOOK

## Veggie Con Carne

**with crispy tortilla strips & fresh avocado**

Veggie con carne loaded with fresh avocado, cashew cream cheese, piquanté peppers, lemon juice, and coriander is a flavour-packed dish with a perfect blend of textures and tastes.

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**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Veggie

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 Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

2	Red Onions <i>peeled &amp; roughly diced</i>
100g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
200g	Corn
40ml	Tomato Paste
800g	Cooked Chopped Tomato
80ml	Spice Mix <i>(40ml NOMU Mexican Spice Blend &amp; 40ml Paprika)</i>
2	Avocados
40ml	Lemon Juice
240g	Kidney Beans <i>drained &amp; rinsed</i>
8	Wheat Flour Tortillas
125ml	Cashew Nut Cream Cheese
15g	Fresh Coriander <i>rinsed, picked &amp; chopped</i>

## From Your Kitchen

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

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

**2. CHOP-CHOP!** When the corn is charred, add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the cooked chopped tomato, the spice mix, and 800ml of water. Bring to a boil and simmer until reduced and slightly thickened, 15-20 minutes (stirring occasionally).

**3. HAVE SOME AVO** While the con carne is simmering, halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Drizzle over 1/2 the lemon juice and season.

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

**5. TOTALLY SOLD ON TORTILLAS** Cut the flour tortillas in half and cut the halves into strips. Coat in oil and seasoning. Place a pan over medium heat. When hot, add the strips and fry until crispy, 1-2 minutes per side. You may need to do this step in batches. Drain on paper towel.

**6. DINNER IS SERVED** Bowl up the veggie con carne. Top with the avo slices and drizzle over the cashew cream cheese. Serve the crispy tortillas on the side for dunking and garnish with the chopped coriander. Cheers, Chef!

## Nutritional Information

Per 100g

Energy	543kJ
Energy	130kcal
Protein	3.7g
Carbs	16g
of which sugars	3.8g
Fibre	3.7g
Fat	5.4g
of which saturated	0.9g
Sodium	283mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days