



# 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!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Simple & Save

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

150g	Beef Mince
1	Onion <i>½ peeled &amp; roughly diced</i>
40g	Corn
5ml	Mexican Spice
100g	Cooked Chopped Tomato
60g	Black Beans <i>drained &amp; rinsed</i>
1	Baguette <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, 3-4 minutes (shifting occasionally).

**2. CON CARNE** Add the diced onion and the corn to the mince. Fry until lightly golden, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomatoes, 10ml of sweetener, and 150ml of water. Simmer until reduced and thickening, 10-12 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