



# UCCOOK

## 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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**Quick & Easy**

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Groote Post Winery | Groote Post Riesling  
2022

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## Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
150g	Diced Onion
2	Bell Peppers <i>rinse, deseed &amp; dice 1½</i>
120g	Corn
3 units	UCOOK Napolitana Sauce
150g	Free-range Beef Biltong <i>roughly chop</i>
60ml	Spice Mix <i>(30ml Old Stone Mill Mexican Spice &amp; 30ml Ground Paprika)</i>
180g	Kidney Beans <i>drain &amp; rinse</i>
30ml	Lemon Juice
150ml	Sour Cream
8g	Fresh Coriander <i>rinse &amp; 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 600ml 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