



UCOOK

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.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Veggie

 Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

1	Red Onion <i>½ peeled & roughly diced</i>
25g	Piquanté Peppers <i>drained & roughly chopped</i>
50g	Corn
10ml	Tomato Paste
200g	Cooked Chopped Tomato
20ml	Spice Mix <i>(10ml NOMU Mexican Spice Blend & 10ml Paprika)</i>
1	Avocado
10ml	Lemon Juice
60g	Kidney Beans <i>drained & rinsed</i>
2	Wheat Flour Tortillas
30ml	Cashew Nut Cream Cheese
4g	Fresh Coriander <i>rinsed, picked & 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 onion and fry until soft, 3-4 minutes (shifting occasionally). Add the chopped peppers, the corn, and fry until lightly charred, 3-4 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 200ml of water. Bring to a boil and simmer until reduced and slightly thickened, 10-12 minutes (stirring occasionally).

3. HAVE SOME AVO While the con carne is simmering, halve the avocado and set aside half for another meal. 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. 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