

UCCOOK

Hearty Veg Con Carne

with crispy tortilla strips & fresh avocado

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Painted Wolf Wines | The Den Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	516kJ	4542kJ
Energy	123kcal	1087kcal
Protein	3.4g	29.7g
Carbs	16g	137g
of which sugars	3.4g	29.6g
Fibre	4.1g	35.7g
Fat	5.5g	48.1g
of which saturated	1.2g	10.2g
Sodium	202mg	1776mg

Allergens: Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
75g	100g	Piquanté Peppers <i>drain</i>
150g	200g	Corn
30ml	40ml	Tomato Paste
600g	800g	Cooked Chopped Tomato
60ml	80ml	Spice Mix <i>(30ml [40ml] NOMU Mexican Spice Blend & 30ml [40ml] Ground Paprika)</i>
2	2	Avocados
30ml	40ml	Lemon Juice
180g	240g	Kidney Beans <i>drain & rinse</i>
6	8	Wheat Flour Tortillas
90ml	125ml	Cashew Nut Cream Cheese
8g	10g	Fresh Coriander <i>rinse, pick & chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Seasoning (salt & pepper)

1. YOU CAN CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, add the onion and fry until soft, 3-4 minutes (shifting occasionally). Add the 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 600ml [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. Keeping the flesh intact, peel the skin off one and a half [all] sides of the avocados. Thinly slice and drizzle over ½ the lemon juice and season.

4. FINISHING TOUCHES When the con carne has thickened, stir through the 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 tortillas on the side for dunking and garnish with the coriander. Cheers, Chef!