



UCOOK

Quick Black Bean & Chorizo Con Carne

with sour cream, fresh coriander & corn

In almost no time at all, you will bowl up a delicious and satisfying chorizo con carne on a bed of fluffy basmati rice. Look forward to pops of charred corn, rich kidney beans, and tangy tomato passata.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Strandveld | Grenache

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Ingredients & Prep

75ml	White Basmati Rice <i>rinsed</i>
1	Onion <i>½ peeled & roughly diced</i>
50g	Sliced Pork Chorizo <i>roughly chopped</i>
40g	Corn
10ml	Tomato Paste
20ml	Spice Mix <i>(10ml NOMU Mexican Spice Blend & 10ml Ground Paprika)</i>
200ml	Tomato Passata
3g	Fresh Coriander
60g	Kidney Beans
20ml	Sour Cream
5ml	Lemon Juice

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 150ml 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 steam, 8-10 minutes. Fluff with a fork and cover.

2. CHORIZO 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 chorizo and the corn and fry until browned, 3-4 minutes (shifting occasionally).

3. CON CARNE When the corn and chorizo is browned, add the tomato paste and the spice mix. Fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato passata and 150ml of water. Bring to a boil and simmer until slightly thickened, 10-12 minutes (stirring occasionally).

4. PREP STEP Rinse and pick the coriander. Drain and rinse the kidney beans.

5. KIDNEY BEANS When the con carne has thickened, stir through the drained kidney beans. Add a sweetener and seasoning.

6. DISH UP Bowl up the chorizo con carne and the fluffy rice. Dollop over the sour cream, drizzle over the lemon juice (to taste), and sprinkle over the picked coriander. Delish work, Chef!

Nutritional Information

Per 100g

Energy	516kJ
Energy	123kcal
Protein	5.6g
Carbs	18g
of which sugars	3.4g
Fibre	2.7g
Fat	3.2g
of which saturated	1.2g
Sodium	274mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within
4 Days