



UCCOOK

Fusion Beef Biltong Chilli

with sour cream & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Waterkloof | Circumstance Mourvèdre

Nutritional Info	Per 100g	Per Portion
Energy	553kJ	4061kJ
Energy	132kcal	971kcal
Protein	7.4g	54.1g
Carbs	19g	143g
of which sugars	4g	29.6g
Fibre	2.8g	20.6g
Fat	2.1g	15.6g
of which saturated	0.8g	6.1g
Sodium	270mg	1986mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
150g	150g	Diced Onion
150g	200g	Corn
60ml	80ml	Spice Mix <i>(30ml [40ml] Old Stone Mill Mexican Spice & 30ml [40ml] Ground Paprika)</i>
2 units	2 units	UCOOK Napolitana Sauce
150g	200g	Beef Biltong <i>roughly chop</i>
360g	480g	Red Kidney Beans <i>drain & rinse</i>
90g	120g	Piquanté Peppers <i>drain</i>
30ml	40ml	Lemon Juice
150ml	200ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. STEAMY RICE Place the rice in a pot with 600ml [800ml] 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 onion and the corn until lightly golden, 5-6 minutes (shifting occasionally). Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the Napoletana sauce and bring to a boil. Simmer until warmed through and slightly reduced, 7-8 minutes. In the final 1-2 minutes, mix in the biltong, the beans, and the peppers. Remove from the heat, mix in the lemon juice (to taste), a sweetener (to taste), and seasoning.

3. DINNER IS SERVED Bowl up the fluffy rice and top with the biltong con carne. Dollop over the sour cream and garnish with the coriander. Cheers, Chef!