



UCCOOK

Biltong Con Carne

with sour cream & fresh coriander

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	500kJ	3727kJ
Energy	119kcal	891kcal
Protein	7.6g	57g
Carbs	16g	122g
of which sugars	3.2g	24g
Fibre	2.5g	18.5g
Fat	2.6g	19g
of which saturated	0.9g	7.1g
Sodium	292mg	2176mg

Allergens: Cow's Milk, Gluten, Allium, Wheat

Spice Level: Hot

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Spring Onion/s <i>rinse, trim & finely slice</i>
1	1	Bell Pepper <i>rinse, deseed & dice ½ [1]</i>
40g	80g	Corn
10ml	20ml	Tomato Paste
50g	100g	Beef Biltong <i>roughly chop</i>
100g	200g	Cooked Chopped Tomato
20ml	40ml	Spice Mix <i>(10ml [20ml] Mexican Spice & 10ml [20ml] Ground Paprika)</i>
10ml	20ml	Lemon Juice
60g	120g	Kidney Beans <i>drain & rinse</i>
1	2	Sourdough Baguette/s <i>cut into thick rounds</i>
50ml	100ml	Sour Cream
3g	5g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter (optional)

Seasoning (salt & pepper)

Sugar/Sweetener/Honey (optional)

1. YOU CAN CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, fry the spring onion until soft, 3-4 minutes (shifting occasionally). Add the pepper and the corn, and fry until lightly charred, 3-4 minutes (shifting occasionally). When the corn is charred, add the tomato paste and fry until fragrant, 30-60 seconds (shifting constantly). Add the biltong, the cooked chopped tomato, the spice mix, and 100ml [200ml] of water. Bring to a boil and simmer until slightly thickened, 6-8 minutes (stirring occasionally). In the final 2-3 minutes, stir in the kidney beans and some lemon juice (to taste).

2. TOASTED BAGUETTE Spread butter (optional) or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side.

3. DINNER IS SERVED Bowl up the biltong con carne. Dollop over the sour cream and garnish with the coriander. Serve the toasted baguette rounds on the side. Cheers, Chef!