

# UCCOOK

## Biltong Con Carne

with sour cream & toasted baguette

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Rhea Hsu

**Wine Pairing:** Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	460kJ	3864kJ
Energy	110kcal	923kcal
Protein	6.9g	57.8g
Carbs	16g	131g
of which sugars	3.8g	32g
Fibre	2.4g	20.3g
Fat	2g	17.1g
of which saturated	0.7g	5.9g
Sodium	332mg	2788mg

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

**Spice Level:** Mild

Eat Within 4 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1] into bite-sized pieces</i>
40g	80g	Corn
20ml	40ml	Spice Mix <i>(10ml [20ml] NOMU Mexican Spice &amp; 10ml [20ml] Ground Paprika)</i>
1 unit	1 unit	UCOOK Napoletana Sauce
60g	120g	Red Kidney Beans <i>drain &amp; rinse</i>
50g	100g	Beef Biltong <i>roughly chop</i>
1	2	Sourdough Baguette/s <i>cut into thick rounds</i>
40ml	80ml	Sour Cream
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Water  
Butter (optional)  
Seasoning (salt & pepper)

**1. CON CARNE** Place a pot over medium heat with a drizzle of oil. When hot, fry the peppers, and the corn until lightly golden, 3-4 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the Napoletana sauce, the beans, the biltong, and simmer until slightly reduced and warmed through, 4-5 minutes. Remove from the heat and season.

**2. TOAST** Spread butter or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the rounds until golden, 1-2 minutes per side. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

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