

UCCOOK

Hearty Veg Con Carne

with crispy tortilla strips & fresh avocado

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

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 1	[Serves 2]	
1	1	Onion <i>peel & roughly dice ½ [1]</i>
25g	50g	Piquanté Peppers <i>drain</i>
50g	100g	Corn
10ml	20ml	Tomato Paste
200g	400g	Cooked Chopped Tomato
20ml	40ml	Spice Mix <i>(10ml [20ml] NOMU Mexican Spice Blend & 10ml [20ml] Ground Paprika)</i>
1	1	Avocado
10ml	20ml	Lemon Juice
60g	120g	Kidney Beans <i>drain & rinse</i>
2	4	Wheat Flour Tortillas
30ml	60ml	Cashew Nut Cream Cheese
3g	5g	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, 3-4 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 200ml [400ml] of water. Bring to a boil and simmer until reduced and slightly thickened, 10-12 minutes (stirring occasionally).

3. HAVE SOME AVO While the con carne is simmering, halve the avocado and remove the pip. Keeping the flesh intact, peel the skin off one half [both halves]. 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. 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!