

UCCOOK

Biltong Con Carne

with sour cream & toasted baguette

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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:

Serves 3	[Serves 4]	
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>
120g	160g	Corn
60ml	80ml	Spice Mix <i>(30ml [40ml] NOMU Mexican Spice & 30ml [40ml] Ground Paprika)</i>
2 units	2 units	UCOOK Napoletana Sauce
180g	240g	Red Kidney Beans <i>drain & rinse</i>
150g	200g	Beef Biltong <i>roughly chop</i>
3	4	Sourdough Baguettes <i>cut into thick rounds</i>
125ml	160ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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, 4-5 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, 5-6 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!