



# UCOOK

## Veggie Con Carne

with crispy tortilla strips & fresh avocado

Veggie con carne loaded with fresh avocado, cashew cream cheese, piquanté peppers, lemon juice, and coriander is a flavour-packed dish with a perfect blend of textures and tastes.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 2 People


---

**Chef:** Rhea Hsu

---

 Veggie

---

 Creation Wines | Creation Sauvignon  
Blanc/Semillon

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Red Onion <i>peeled &amp; roughly diced</i>
50g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
100g	Corn
20ml	Tomato Paste
400g	Cooked Chopped Tomato
40ml	Spice Mix <i>(20ml NOMU Mexican Spice Blend &amp; 20ml Paprika)</i>
1	Avocado
20ml	Lemon Juice
120g	Kidney Beans <i>drained &amp; rinsed</i>
4	Wheat Flour Tortillas
60ml	Cashew Nut Cream Cheese
8g	Fresh Coriander <i>rinsed, picked &amp; chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Paper Towel

**1. YOU CAN CON CARNE** Place a pot over medium heat with a drizzle of oil. When hot, add the diced onion and fry until soft, 3-4 minutes (shifting occasionally). Add the chopped 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 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. Peel the skin off, keeping the flesh intact. Thinly slice the avocado. Drizzle over 1/2 the lemon juice and season.

**4. FINISHING TOUCHES** When the con carne has thickened, stir through the drained 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 crispy tortillas on the side for dunking and garnish with the chopped coriander. Cheers, Chef!

## Nutritional Information

Per 100g

Energy	543kj
Energy	130kcal
Protein	3.7g
Carbs	16g
of which sugars	3.8g
Fibre	3.7g
Fat	5.4g
of which saturated	0.9g
Sodium	283mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days