



UCCOOK

Simple Beef Con Carne

with toasted baguette rounds

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Rhea Hsu

Wine Pairing: Sophie Germanier Organic | Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	626.1kJ	4020.9kJ
Energy	149.7kcal	961.6kcal
Protein	7.7g	49.4g
Carbs	17.6g	113.1g
of which sugars	3g	19.4g
Fibre	1.8g	11.4g
Fat	5.2g	33.2g
of which saturated	1.9g	12g
Sodium	231mg	1483.7mg

Allergens: Gluten, Wheat, Allium

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beef Mince
1	1	Onion <i>peel & roughly dice ½ [1]</i>
40g	80g	Corn
5ml	10ml	Old Stone Mill Mexican Spice
100g	200g	Cooked Chopped Tomato
60g	120g	Black Beans <i>drain & rinse</i>
1	2	Sourdough Baguette/s <i>slice into rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Butter (optional)

1. START THE CON CARNE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

2. CON CARNE Add the onion and the corn to the mince. Fry until lightly golden, 4-5 minutes. Add the Mexican spice and fry until fragrant, 1-2 minutes. Mix in the cooked chopped tomatoes, 10ml [20ml] of sweetener, and 150ml [300ml] of water. Simmer until reduced and thickening, 12-15 minutes. In the final 3-5 minutes, add the beans, and cook until warmed through. Remove from the heat and season.

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

4. TIME TO EAT Bowl up the con carne and side with the baguette rounds to scoop up all the goodness. Well done, Chef!