



UCOOK

Biltong Con Carne

with sour cream & toasted baguette

How does Mexican food sound with a Mzansi twist, Chef? A satisfyingly rich con carne sauce is made from Napoletana sauce, dotted with black beans, sweet corn, bell peppers & salty biltong. Served with pan-toasted baguette rounds and garnished with dollops of sour cream.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Rhea Hsu

Quick & Easy

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon

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Ingredients & Prep

1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
40g	Corn
20ml	Spice Mix <i>(10ml Old Stone Mill Mexican Spice & 10ml Ground Paprika)</i>
1 unit	UCOOK Neapolitana Sauce
60g	Black Beans <i>drain & rinse</i>
50g	Beef Biltong <i>roughly chop</i>
1	Sourdough Baguette <i>cut into thick rounds</i>
40ml	Sour Cream
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter (optional)

1. CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, fry the pepper pieces, and the corn until lightly golden, 3-4 minutes. Add the spice mix and fry until fragrant, 1-2 minutes. Mix in the Neapolitana sauce, the drained beans, the chopped 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 baguette rounds until golden, 1-2 minutes per side.

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



Chef's Tip

Air fryer method: Coat the baguette rounds in oil and season. Air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	6.8g
Carbs	16g
of which sugars	3.8g
Fibre	2.2g
Fat	2.1g
of which saturated	0.7g
Sodium	347mg

Allergens

Cow's Milk, Gluten, Allium, Wheat

Eat
Within
2 Days