



UCOOK

Biltong Con Carne

with sour cream & fresh coriander

A South African favourite meets mouth-watering flavours of Mexico! It starts with a generous serving of biltong con carne, featuring tangy tomato, rich kidney beans, and charred corn. Dollop over some sour cream, add some freshness with picked coriander, and serve with a side of pan roasted baguettes for scooping up the goodness.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Quick & Easy

 Paardenkloof Wines | Paardenkloof "Die Fynboshuis" Cabernet Sauvignon

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
1	Bell Pepper <i>rinse, deseed & dice ½</i>
40g	Corn
10ml	Tomato Paste
50g	Free-range Beef Biltong <i>roughly chop</i>
100g	Cooked Chopped Tomato
20ml	Spice Mix <i>(10ml Mexican Spice & 10ml Ground Paprika)</i>
60g	Kidney Beans <i>drain & rinse</i>
1	Lemon <i>rinse & cut into wedges</i>
1	Sourdough Baguette <i>cut into thick rounds</i>
50ml	Sour Cream
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. YOU CAN CON CARNE Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the diced pepper and 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 chopped biltong, the cooked chopped tomato, the spice mix, and 100ml of water. Bring to a boil and simmer until slightly thickened, 5-6 minutes (stirring occasionally).

3. FINISHING TOUCHES When the con carne has thickened, stir through the drained kidney beans. Add a sweetener, a squeeze of lemon juice, and seasoning.

4. TOASTED BAGUETTE Spread butter (optional) 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.

5. DINNER IS SERVED Bowl up the biltong con carne. Dollop over the sour cream and garnish with the picked coriander. Serve the toasted baguette rounds and any remaining lemon wedges on the side. Cheers, Chef!

Nutritional Information

Per 100g

Energy	475kj
Energy	114kcal
Protein	7g
Carbs	16g
of which sugars	3.4g
Fibre	2.5g
Fat	2.3g
of which saturated	0.8g
Sodium	269mg

Allergens

Gluten, Allium, Wheat, Cow's Milk

Cook
within
4 Days