

## CHARQUICÁN



Category: Fish and meat  
main courses

Additional information  
Steamed

Created: on 2021-12-22  
Qualified by: Supercook CL  
Suggested by: Kitchen  
Center Chile  
Total preparation time:  
33:19 Minutes

Suitable for machine:  
- Supercook SC350  
- Supercook SC400

### INGREDIENTS FOR 6 SERVES

<b>120 gram</b>	defrosted corn
<b>120 gram</b>	unfrozen peas
<b>45 gram</b>	jerky in pieces
<b>400 gram</b>	Potatoes peeled and cut into pieces
<b>300 gram</b>	sweet potato squash, peeled and cut into chunks
<b>500 gram</b>	beef (top or bottom sirloin), thawed, cut into pieces
<b>100 gram</b>	cebolla, cortada en dos
<b>60 gram</b>	bell pepper (red or green) cut in two
<b>1</b>	carrot cut in six
<b>50 milliliter</b>	oil
<b>1 teaspoon</b>	salt
<b>1/2 teaspoon</b>	paprika
<b>1 tablespoon 15ml</b>	oregano
<b>1</b>	vegetable stock cube
<b>300 milliliter</b>	water

### STEP BY STEP - PREPARATION

To see the full recipe, please [log in](#).

## TOOLS



Mixing tool Butterfly



Vapore



Steaming basket