




Product Spotlight: Black Beans


Black beans can be cooked several ways without losing much of their nutritional value, even when exposed to high temperatures.



BBQ Chicken Skewers with Charred Corn and Black Beans

Diced chicken breast marinated in a homemade BBQ sauce, served with a salad of charred corn, black beans and avocado, and smokey roast root veg.

 30 minutes

 4 servings

 Chicken

24 February 2023

Skewers!

If you are using wooden skewers, we recommend soaking them in water for 30 minutes before using them; this helps prevent them from burning during cooking.

Per serve: **PROTEIN** 58g **TOTAL FAT** 20g **CARBOHYDRATES** 51g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
DICED CHICKEN BREAST	600g
CORN COBS	2
NATURAL YOGHURT	1 tub
TINNED BLACK BEANS	400g
AVOCADO	1
BABY COS LETTUCE	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, maple syrup, dried dill, soy sauce (or tamari), skewers (optional)

KEY UTENSILS

oven tray, BBQ (or griddle pan)

NOTES

If you have helpers in the kitchen, get them to thread the chicken onto the skewers. Alternatively, skip the skewers and cook the chicken directly on the BBQ.

Lettuces can hide a lot of sand. An easy way to clean them is to place them in a bowl of cold water or a sink with cold water for a few minutes before cooking — the sand will sink to the bottom.



1. ROAST THE PUMPKIN

Set oven to 220°

Wedge pumpkin. Toss on a lined oven tray with **oil, 2 tsp smoked paprika, salt and pepper**. Roast for 15–20 minutes until tender.



2. MARINATE THE CHICKEN

Add **2 tsp smoked paprika, 1 tbsp soy sauce, 2 tsp maple syrup, 1 tbsp oil** and pepper to a bowl. Whisk together to combine. Toss chicken in marinade then thread onto **skewers** (see notes).



3. COOK THE CHICKEN & CORN

Heat a BBQ over medium–high heat with **oil**. Add chicken skewers and corn cobs. Cook for 4–5 minutes each side until chicken is cooked through and corn is lightly charred.



4. MAKE DILL YOGHURT

Meanwhile, add yoghurt to a large bowl along with **2 tsp dill, salt and pepper**. Mix to combine.



5. TOSS THE SALAD

Drain and rinse black beans. Dice avocados. Pull apart lettuce leaves (see notes) and roughly chop. Remove corn kernels from cob. Add all to a dill yoghurt and toss until well coated.



6. FINISH AND SERVE

Add chicken skewers and tossed salad to a platter along with roasted pumpkin. Serve tableside.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

