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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Black Beans

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

Smoky Chicken Skewers

with Charred Corn and Black Bean Salad

BBQ chicken skewers served with a fresh charred corn, black bean and avocado salad, alongside golden roasted pumpkin for a hearty, flavour-packed meal.

40 minutes | 4/6 servings | Chicken

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	TOTAL FAT	CARBOHYDRATES
	44g	21g	51g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
DICED CHICKEN	600g	600g + 300g
CORN COBS	2	3
AIOLI	1 sachet	2 sachets
TINNED BLACK BEANS	400g	400g
AVOCADO	1	2
GEM LETTUCE	3-pack	3-pack

FROM YOUR PANTRY

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

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 using - the sand will sink to the bottom.

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1. ROAST THE PUMPKIN

Set oven to 220°C

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

6P - use 1 tbsp smoked paprika.



2. MARINATE THE CHICKEN

Combine **2 tsp smoked paprika**, **1 tbsp soy sauce**, **2 tsp maple syrup**, **1 tbsp oil**, and **pepper** in a bowl. Add **chicken**, toss to coat, then thread onto **skewers** (see notes).

6P - use 3 tsp smoked paprika, 2 tbsp soy sauce, 1 tbsp maple syrup and 2 tbsp oil.



3. COOK THE CHICKEN & CORN

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



4. MAKE THE DRESSING

Meanwhile, add **aioli** to a large bowl along with **2 tsp dried thyme.** Mix to combine.

6P - use 1 tbsp dried dill.



5. TOSS THE SALAD

Drain and rinse **black beans**. Dice **avocado**. Pull apart **lettuce leaves** (see notes) and roughly chop. Remove **corn kernels** from **cob**. Add all to the **dressing** and toss until well coated.



6. FINISH AND SERVE

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

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