

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Beans

Beans are the most concentrated source of plant-based protein in the world. At least 6-11% of a cooked bean's weight is protein.



1 Grilled Chicken with Smokey Bean Bake

Grilled cumin chicken thigh fillets served with smoky baked beans and a simple side salad.

 20 minutes

 2 servings




 Chicken

19 March 2021

Make guacamole!

Mash avocado with some olive oil or yoghurt for a quick guacamole! Season with lime, garlic, chilli, fresh coriander or just some ground cumin!

FROM YOUR BOX

YELLOW CAPSICUM	1
CHERRY TOMATOES	1/2 punnet (200g) *
CAMPFIRE BEANS	1 jar
PARMESAN CHEESE	1/3 packet *
CHICKEN THIGH FILLETS 	300g
RED ONION	1/2 *
AVOCADO	1
BABY SPINACH	1/2 bag (60g) *
 CAULIFLOWER	1/2
 BBQ RUB	1 sachet (30g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY


olive oil + oil for cooking, salt, pepper, ground cumin

KEY UTENSILS

oven dish, grill (or fry) pan

NOTES

Add red onion to tray bake if you prefer.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. BAKE THE BEANS


Set oven to 220°C.

Chop capsicum and halve or quarter tomatoes. Toss together with campfire beans in a lined oven dish. Grate over parmesan cheese and bake for 10-15 minutes (see notes).



2. SEASON THE CHICKEN

Toss chicken thighs with **1 tsp cumin, oil, salt and pepper.**

 **VEG OPTION** - Cut cauliflower into florets and red onion into wedges. Toss on a lined oven tray with 2 tbsp oil and half of the bbq rub. Roast for 15-20 minutes or until golden and tender.



3. COOK THE CHICKEN

Heat a grill pan (or barbecue) over medium-high heat. Wedge red onion and add to pan along with chicken. Cook for 4-5 minutes on each side or until cooked through.

 **VEG OPTION** - Skip this step.




4. PREPARE THE SALAD

Slice avocado and arrange with baby spinach in a serving bowl. Drizzle with **olive oil.**



5. FINISH AND SERVE

Serve chicken and charred red onion at the table with smokey bean bake and side salad.

 **VEG OPTION** - Serve cauliflower & onion at the table with smokey bean bake and side salad.

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

