



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 on Beans & Rice with Lime Yoghurt

Smoky chicken schnitzels served over brown rice, black beans and barbecued corn salsa with lime and garlic yoghurt.



30 minutes



2 servings



Chicken

23 December 2022

Switch it up!

If you're looking to bulk this dish up or get some extra servings for guests, use a packet of tortilla wraps and a jar of passata to turn this dish into enchiladas.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	53g	26g	91g

FROM YOUR BOX

BROWN RICE	1 packet (150g)
LIME	1
NATURAL YOGHURT	1 tub (200g)
CORN COB	1
CHICKEN SCHNITZELS	300g
TOMATO	1
GREEN CAPSICUM	1
AVOCADO	1
TINNED BLACK BEANS	400g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, ground cumin, smoked paprika

KEY UTENSILS

BBQ, saucepan

NOTES

Use a griddle pan or frypan to cook the corn and chicken if preferred.



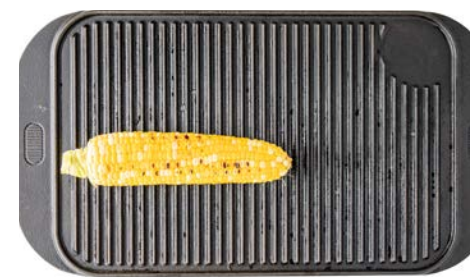
1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. MAKE THE LIME YOGHURT

Zest lime and juice 1/2 (wedge remaining lime and set aside). Crush **garlic clove**. Add to a bowl along with yoghurt. Season with **salt and pepper**. Stir to combine.



3. BBQ THE CORN

Heat BBQ to medium-high heat (see notes). Coat corn cob in **oil** and add to BBQ. Cook, turning occasionally, for 6–8 minutes until charred (see step 5).



4. ADD THE CHICKEN

Coat chicken in **oil**, **1 tsp cumin**, **1 tsp paprika**, **salt and pepper**. Add to BBQ and cook for 4–5 minutes each side or until cooked through.



5. PREPARE THE CORN SALSA

Dice tomato, capsicum and avocado. Drain and rinse black beans. Remove corn kernels from cob. Toss to combine.



6. FINISH AND SERVE

Add rice to a platter. Add corn salsa. Drizzle over yoghurt. Serve with chicken.

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