



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



2 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
	56g	25g	96g

FROM YOUR BOX

SWEET POTATO	400g
DICED CHICKEN BREAST	300g
CORN COB	1
NATURAL YOGHURT	1 tub
TINNED BLACK BEANS	400g
AVOCADO	1
BABY COS LETTUCE	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, maple syrup, soy sauce (or tamari), skewers (optional), dried dill (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 using — the sand will sink to the bottom.



1. ROAST THE SWEET POTATO

Set oven to 220°C.

Slice **sweet potato**. Toss on a lined oven tray with **oil**, **1 tsp smoked paprika**, **salt and pepper**. Roast for 15–20 minutes until tender.



4. MAKE THE DILL YOGHURT

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



2. MARINATE THE CHICKEN

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



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 dill yoghurt and toss until well coated.



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.



6. FINISH AND SERVE

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



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