



### 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 and black beans, topped with barbecued corn salsa and lime and garlic yoghurt.



30 minutes



2 servings



Chicken

## 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
	54g	31g	90g



## FROM YOUR BOX

BROWN RICE	150g
LIME	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
CORN COB	1
CHICKEN SCHNITZELS	300g
TOMATO	1
GREEN CAPSICUM	1
AVOCADO	1
TINNED BLACK BEANS	400g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, smoked paprika

## KEY UTENSILS

BBQ, saucepan

## NOTES

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



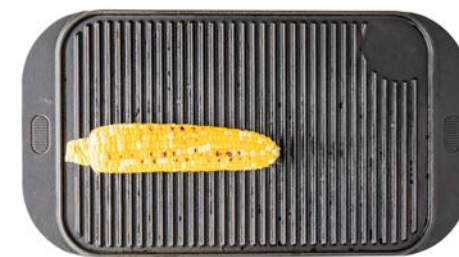
### 1. COOK THE RICE

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 and dress with **1 tbs olive oil**, **salt and pepper**.



### 6. FINISH AND SERVE

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



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