



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 Cajun Salad

Diced chicken breast marinated in a homemade BBQ sauce, served with a creamy dressed cos salad with black beans and avocado, alongside smokey roast root veg.



30 minutes



4 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
	58g	20g	51g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
DICED CHICKEN BREAST	600g
NATURAL YOGHURT	1 tub
TINNED BLACK BEANS	400g
AVOCADOS	2
YELLOW CAPSICUM *	1
BABY COS LETTUCE	2-pack

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.

**Due to availability, the corn cob has been replaced with yellow capsicum.*



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.



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 **2 tsp smoked paprika, 1 tbsp soy sauce, 2 tsp maple syrup, 1 tbsp 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 avocados and capsicum. Pull apart lettuce leaves (see notes) and roughly chop. Add all to the dill yoghurt and toss until well coated.



3. COOK THE CHICKEN & CORN

Heat a BBQ or griddle pan over medium-high heat with **oil**. Add chicken skewers. Cook for 4–5 minutes each side until chicken is cooked through (cook in batches if needed).



6. FINISH AND SERVE

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



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