



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

Delicious BBQ chicken skewers paired with a fresh salad of charred corn, black beans and avocado, served with smoky roasted veg for a hearty, flavour-packed meal.



40 minutes



4/6 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
	49g	14g	50g

FROM YOUR BOX

	4 PERSON	6 PERSON
BUTTERNUT PUMPKIN	1	2
DICED CHICKEN	600g	600g + 300g
CORN COBS	2	3
NATURAL YOGHURT	1 tub	2 tubs
TINNED BLACK BEANS	400g	400g
AVOCADO	1	2
BABY COS LETTUCE	2-pack	2-pack

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, maple syrup, soy sauce (or tamari), skewers (optional), dried dill (see notes).

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.

If you don't have dried dill, you can use lime, mint, lemon pepper or thyme in the yogurt.

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 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.

6P – use 1 tbsp smoked paprika.



4. MAKE THE DILL YOGHURT

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

6P – use 1 tbsp dried dill.



2. MARINATE THE CHICKEN

Combine **2 tsp smoked paprika**, **1 tbsp soy sauce**, **2 tsp maple syrup**, **1 tbsp oil**, and **pepper** in a bowl. Add **chicken**, toss to coat, then thread onto **skewers** (see notes).

6P – use 3 tsp smoked paprika, 2 tbsp soy sauce, 1 tbsp maple syrup and 2 tbsp oil.



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 pumpkin**. Serve tableside.



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