



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



4 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
	44g	17g	69g

FROM YOUR BOX

BROWN RICE	300g
LIME	1
GARLIC CLOVE	1
NATURAL YOGHURT	1 tub
CORN COBS	2
CHICKEN SCHNITZELS	600g
TOMATOES	2
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.



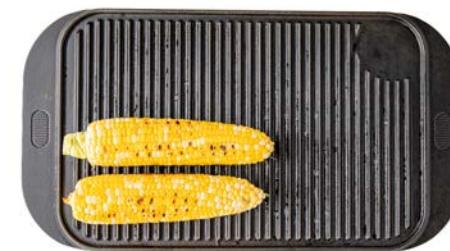
1. COOK THE RICE

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 cobs** 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**, **2 tsp cumin**, **2 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 **tomatoes**, **capsicum** and **avocado**. Drain and rinse **black beans**. Remove **corn kernels** from cobs. Toss to combine and dress with **1 tbsp 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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