



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 with lime and garlic yoghurt.



30 minutes



4/6 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
38g 29g 45g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LIME	1	2
GARLIC CLOVE	1	2
NATURAL YOGHURT	1 tub	2 tubs
CORN COBS	2	3
CHICKEN SCHNITZELS	600g	600g + 300g
TOMATOES	2	3
GREEN CAPSICUM	1	2
AVOCADO	1	2
TINNED BLACK BEANS	400g	2 x 400g

FROM YOUR PANTRY

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

KEY UTENSILS

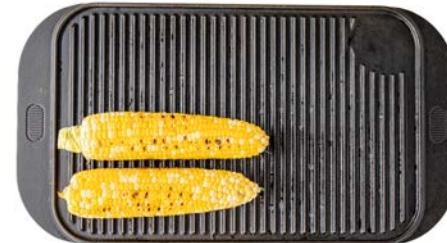
BBQ, saucepan

NOTES

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



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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.



4. ADD THE CHICKEN

Coat **chicken** in oil, 2-3 tsp cumin, 2-3 tsp paprika, salt and pepper. Add to BBQ and cook for 4-5 minutes each side or until cooked through.

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.

6P – Mix 2 tubs yoghurt, zest and juice from 1 lime, garlic, salt and pepper.



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.

6P – Dress salsa with 2 tbsp olive oil, salt and pepper.

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).



6. FINISH AND SERVE

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

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0448 042 515** or send an email to **hello@dinnertwist.com.au**

