



### 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 Fish on Beans & Rice with Lime Yoghurt

Smoky fish fillets served over brown rice, black beans and barbecued corn salsa with lime and garlic yoghurt.



30 minutes



4 servings



Fish

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## 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
	35g	13g	56g



## FROM YOUR BOX

BROWN RICE	1 packet (300g)
LIME	1
NATURAL YOGHURT	1 tub (200g)
CORN COBS	2
WHITE FISH FILLETS	2 packets
TOMATOES	2
GREEN CAPSICUM	1
AVOCADO	1
TINNED BLACK BEANS	400g

## FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 garlic clove, ground cumin, smoked paprika

## KEY UTENSILS

BBQ, saucepan

## NOTES

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

To help prevent fish from sticking to the BBQ, coat in mayonnaise!



### 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 FISH

Coat fish in **oil**, **2 tsp cumin**, **2 tsp paprika**, **salt and pepper** (see notes). Add to BBQ and cook for 2–4 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 cob. Toss to combine.



### 6. FINISH AND SERVE

Add rice to a platter. Add corn salsa. Drizzle over yoghurt. Serve with fish fillets.

**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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

