



More Than Food
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Black Bean Salad with Barbecue Chicken

It may not be that warm outside just yet, but that doesn't stop us from dreaming of summer BBQs. This recipe is just the ticket for digging up memories of past BBQs. But why should a BBQ only be eaten in the summer? Tuck into this delicious dinner and you'll realise it doesn't!

 35 mins

 family box



Chicken Thigh (6)



BBQ Sauce (4 tbsp)



New Potatoes (1 pack)



Coriander (5 tbsp)



Spring Onion (3)



Red Pepper (1)



Organic Black Beans
(2 tins)



Organic Sweetcorn
(1 tin)




Lime (1)



Sour Cream
(1 pot)

Ingredients

	4 PEOPLE	ALLERGENS
Chicken Thigh	6	
BBQ Sauce	4 tbsp	Gluten, Fish
New Potatoes, halved	1 pack	
Coriander, chopped	5 tbsp	
Spring Onion, sliced	3	
Red Pepper, chopped	1	
Organic Black Beans	2 tins	
Organic Sweetcorn	1 tin	
Lime	1	
Sour Cream	1 pot	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Like other legumes, black beans contain an almost magical ratio of fibre to protein. Perfect for people like us, then!

Nutrition per serving: Calories: 798 kcal | Protein: 49 g | Carbs: 86 g | Fat: 120 g | Saturated Fat: 30 g

1



1 Pre-heat your oven to 220 degrees and boil a pot of water. **LH:** Rub $\frac{1}{4}$ tsp of olive oil on each thigh along with a good pinch of salt and pepper. Coat thoroughly in your BBQ sauce. Place them on a baking tray and cook them in the oven on the top shelf for 25 mins until the skin is nice and crispy. **Tip:** Take the chicken out of the oven halfway through to recoat with the BBQ sauce and fat that has dripped to the side, to keep it nice and moist.

2



2 Chop the new potatoes in half. Finely chop the coriander and slice the spring onions into thin discs. Remove the core from the red pepper and finely chop into $\frac{1}{2}$ cm cubes.

5



3 Drain and thoroughly rinse your black beans, then leave them to drip dry in a colander until later. Drain your sweetcorn too.

7



4 Add $\frac{1}{2}$ tsp of salt to the boiling water and gently plop in your potatoes. Cook them for around 10 mins or until you can easily slip a knife through them. Drain and keep to the side.

5 Roll the lime firmly between your palm and your chopping board until it loosens up. Grate a pinch of lime zest into a small bowl

and squeeze in half of its juice. Mix thoroughly with the sour cream, 3 tbsp of olive oil and $\frac{1}{2}$ tsp of salt.

6 Mix the black beans with the sweetcorn and the finely chopped red pepper. Chop the cooked new potatoes in half again and add these to the mix. Finally add in the spring onion.

7 Once the chicken is cooked (i.e. it is no longer pink in the middle) remove from the oven. Leave the chicken to rest for 5 mins and finely chop it into 1cm cubes. **Tip:** Chopping the meat like this will spread its flavour more evenly through the dish.

8 Add the chicken and three quarters of the coriander into the bean mixture. **LH:** Pour over your sour cream dressing and gently toss together. **Tip:** We recommend using clean fingertips to gently toss the ingredients. Sprinkle over the remaining coriander, squeeze in more lime juice and get stuck in. **Tip:** Pour over the remaining juices from your chicken tray for a little extra flavour!