



JUL
2016

Charred Barbecue Chicken

with Black Bean & Corn Salad

Barbecue chicken and corn scream summer entertaining. No backyard party is complete without them! This salad is excellent served warm or cold—perfect for picnics. If you have a grill, feel free to cook the chicken and corn there!



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



Chicken Thighs



Baby Red Potatoes



Scallions



Red Bell Pepper



BBQ Sauce



Black Beans



Corn



Lime



Sour Cream

Ingredients

	2 People	4 People
Chicken Thighs	12 oz	24 oz
Baby Red Potatoes	12 oz	24 oz
Scallions	2	4
Red Bell Pepper	1	1
BBQ Sauce	2 oz	2 oz
Black Beans	1 Box	2 Boxes
Corn	1 Ear	1 Ear
Lime	1	1
Sour Cream	1) 2 T	4 T
Oil*	1 t	2 t

*Not Included

Allergens

1) Milk

Tools

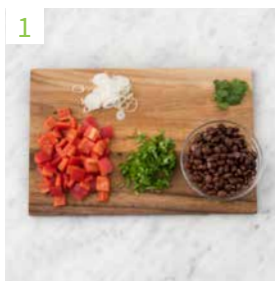
Foil, Baking sheet, Large pot, Strainer, Zester, Small bowl, Large bowl

Ruler

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Nutrition per person Calories: 683 cal | Fat: 14 g | Sat. Fat: 3 g | Protein: 56 g | Carbs: 80 g | Sugar: 18 g | Sodium: 578 mg | Fiber: 24 g

1



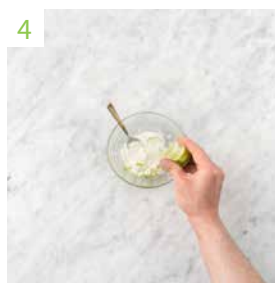
1 Prep: Wash and dry all produce. Preheat the broiler or the grill to high or the oven to 500 degrees. Halve the **potatoes**, quartering any larger ones. Core, seed, and dice the **bell pepper** into 1/2-inch cubes. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Drain and rinse the **black beans**.

2



2 Start the chicken and corn: Place the **chicken** on a foil-lined, lightly oiled baking sheet and season with **salt** and **pepper**. Spoon **half the barbecue sauce** over the **chicken**. Place the **corn** alongside. Broil for 10 minutes, turning the corn halfway through cooking. **TIP:** If you're using the grill, just brush the sauce on towards the end of cooking.

4



3 Boil the potatoes: Place the **potatoes** in a large pot with a pinch of **salt** and enough water to cover by 2 inches. Bring to a boil and cook for 10-12 minutes, until fork-tender. Drain.

4 Make the dressing: Zest and halve the **lime**; cut one half into wedges. Combine the **sour cream**, **lime zest** and the **juice of 1/2 lime** in a small bowl. Season with **salt** and **pepper**.

6



5 Finish the chicken: Remove the baking sheet from the oven. Set the **corn** aside to cool. Top the **chicken** with the remaining **barbecue sauce** and return to the oven for 8-10 minutes, until charred and cooked through. Once cool enough to handle, cut the **corn kernels** off the cob.

6 Toss and plate: In a large bowl, toss together the **corn**, **black beans**, **bell pepper**, **potatoes**, **scallion whites**, and the **dressing**. Season generously with **salt** and **pepper**. Serve the **barbecue chicken** on a **bed of black bean** and **corn salad**, garnished with the **scallion greens**. Serve with a wedge of **lime** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

