



Cooking Made Easy

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Black Bean Salad with Shredded Barbecue Chicken

Keep your eyes peeled! Next month's edition of The Fresh Times is our much awaited BBQ issue! We're gonna have some tasty recipes, a celeb chef interview and there'll be BBQ-related prizes up for grabs. In mouthwatering anticipation we're kickstarting the season with tonight's dinner. Go scrub down that grill and get ready for the (hopefully) endless summer!



35 min



family box



New Potatoes



Coriander



Spring Onion



Red Pepper



Chicken Thighs



BBQ Sauce



Organic Black Beans



Organic Sweetcorn





Lime



Sour Cream

Ingredients	2P	4P
New Potatoes, halved	-	4 cups
Coriander, chopped	-	4 tbsps
Spring Onion, sliced	-	4
Red Pepper, diced	-	1
Chicken Thighs	-	6
BBQ Sauce 1, 2	-	4 tbsps
Organic Black Beans	-	2 tins
Organic Sweetcorn	-	1 tin
Lime	-	1
Sour Cream 3	-	4 tbsps

-  May feature in another recipe
-  Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

- 1)** Gluten | **2)** Fish
- 3)** Milk

Nutrition per serving: Calories: 791 kcal | Protein: 47 g | Carbs: 106 g | Fat: 23 g | Saturated Fat: 11 g



1 Pre-heat your oven to 220 degrees and boil a pot of water.
LH: Rub a ¼ tsp of olive oil on each thigh along with a good pinch of salt and pepper. Coat thoroughly in your BBQ sauce. 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 Chop the new potatoes in half. Finely chop the coriander and slice the spring onion into thin discs. Remove the core from the red pepper and finely dice into ½cm cubes.

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

4 Add ½ tsp 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 its juice. Mix thoroughly with 4 tbsps of sour cream, 2 tbsps of olive oil and a ¼ tsp of salt.

6 LH: Mix the black beans with the sweetcorn and the finely diced red pepper. Chop the 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 salad. Pour over your 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 and get stuck in. **Tip:** Scoop over the remaining juices from your chicken tray for a little extra flavour!