



CUMIN CHICKEN WITH BLACK BEANS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 2 **skinless chicken breast fillets** halved
- 1 **teaspoon ground cumin**
- ¼ **teaspoon cayenne pepper**
- 2 **tablespoons olive oil**
- 75 **grams chopped red onion**
- 1 **jalapeño pepper**, seeded and finely chopped
- 185 **grams tinned black beans**, rinsed and drained
- 260 **grams frozen corn kernels**, thawed
- 250 **grams cherry tomatoes**, halved
- 2 **spring onions**, thinly sliced
- 2 **tablespoons coarsely chopped coriander**
- 2 **teaspoons red wine vinegar**
- Salt and black pepper**

MACROS PER PORTION

CALORIES	370	PROTEIN	30
CARBS	44	FATS	10
FIBRE	13		

INSTRUCTIONS

Flatten the chicken by placing it between 2 sheets of plastic wrap. Pound with a mallet or rolling pin to ½-inch thickness. Mix the cumin and cayenne together and rub over the chicken.

Sauté the chicken in the oil on a medium heat for 4 minutes per side, then allow to rest on a cutting board.

Return the pan with the juices and oil to medium heat and cook the onion and jalapeño for 1 minute.

Then add the beans, corn, tomatoes, and 3 tablespoons water and cook, stirring for 1 or 2 minutes, until just warmed through.

Remove from heat.

Toss in the spring onions, coriander, and vinegar. Season to taste with salt and black pepper.

Slice the chicken and arrange on top of the beans.

Enjoy warm.