

SMOKED CHICKEN AND BLACK BEAN SALAD

A fresh, protein-packed salad made in minutes. Light yet satisfying, this colourful summer dish brings together our tender smoked chicken, hearty Queen black beans, and crunchy vegetables with a simple zesty dressing.

Serves 4

Ingredients

2 smoked chicken breasts, cubed
1 can (400g) Queen black beans, drained and rinsed
200g cherry tomatoes, halved
1 green pepper, diced
½ cucumber, diced
Small handful fresh parsley, chopped
Small handful fresh basil, chopped
2 tbsp extra virgin olive oil
Juice of 1 lemon
Salt and freshly ground black pepper, to taste



Prep the veg: Dice the cucumber and green pepper and halve the cherry tomatoes.

To make the base, combine the black beans, smoked chicken, chopped vegetables, parsley, and basil In a large bowl.

To Dress the salad In a small bowl or jug, whisk together the olive oil, lemon juice, salt, and black pepper.

Pour the dressing over the salad and toss gently to coat. Taste and adjust seasoning if needed.

Serve immediately as a main course, or chill for 20 minutes for an extra-refreshing lunch.

Enjoy!