



Maggi

BBQ Chicken with Cowboy Spicy Beans

Ingredients

- 125 g Smoky BBQ Sauce
- 4 Chicken Maryland
- 1 tbsp Olive Oil
- 3 Rindless bacon rashers
- 1 Red Onion
- 1 cup Sweet Corn
- 1 Can Crushed Tomatoes
- 1 Can Red kidney beans, rinsed and drained
- 1 pkt MAGGI Your meal your way Chilli Con Carne
- 0.5 cup Water
- 0.5 cup Fresh coriander

Instruction

1. Preheat oven to 200°C/180°C fan forced. Grease and line a baking tray with baking paper. Combine barbecue sauce and chicken. Place on prepared tray.
2. Spray chicken well with oil. Spoon over any excess sauced and bake for 35- 40 minutes or until the chicken is cooked through.
3. Meanwhile, heat oil in a saucepan over medium-low heat. Cook bacon, stirring, for 2 minutes. Stir in onion and cook for 2-3 minutes or until soft. Stir in corn, tomato, beans, MAGGI Your Meal Your Way Chilli Con Carne and water. Reduce heat to low. Simmer, covered, stirring occasionally, for 7 minutes. Uncover and simmer for 3 minutes until mixture thickens. Stir through coriander.
4. Serve beans topped with chicken

Nutrition

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|---------------|--------------|
| Carbohydrates | 42.11 g |
| Energy | 1730.73 kcal |
| Fats | 66.78 g |
| Protein | 229.82 g |
| Sugars | 21.83 g |

🕒 52 Minutes

⊕ 4 Portions