

Barbequed Corn & Roasted Butternut Pumpkin with Black Beans

Black beans are good antioxidants with an outstanding source of anthocyanin flavonoids; they also provide about 180 milligrams of omega-3 fatty acids per cup and are an excellent source of molybdenum, a very good source of folate and a good source of copper, manganese, vitamin B1, phosphorus, protein, magnesium and iron. One cup of cooked black beans provides about one third of a day's protein requirement. This recipe can be a meal on its own or as part of a barbeque spread. The flavour is fresh and the colours are vibrant (inspired by Hetty McKinnon's "Community").



1kg butternut pumpkin cut into cubes
3-4 Tbsp olive oil
Salt & black pepper
5 corn cobs
1 tsp paprika
500g cooked black beans (about 2 cans)
½ cup pumpkin seeds, toasted
½ cup coriander leaves, chopped
50g manchego cheese, grated
1 lime, cut into wedges

Cumin vinaigrette

1 garlic clove, crushed

1 tsp Dijon mustard
2 tsp white wine vinegar
5 Tbsp olive oil
¼ cup coriander leaves, chopped

Jalapeno Yoghurt

½ cup natural yoghurt
1 jalapeno chilli, finely chopped

Preheat oven to 200C.

Place the pumpkin on a large baking tray, coat in 2-3 tablespoons of olive oil and season well with salt & pepper. Bake for 20-25 mins or until tender. Set aside to cool slightly.

Heat a griddle pan or barbeque to high. Drizzle remaining olive oil over the corn and place on the pan or BBQ, turning it every minute or so to ensure all sides are blackened. When the corn has been cooked, run a sharp knife down each side to remove the kernels. Add the paprika to the corn and toss well.

Cumin vinaigrette: which together all the ingredients and set aside.

Jalapeno yoghurt: combine the ingredients and set aside.

Combine the pumpkin, black beans and corn and pour over the cumin vinaigrette. Toss well. To serve, spoon the salad onto a large plate, top with a few dollops of jalapeno yoghurt, scatter over pumpkin seeds, coriander leaves and grated manchego cheese. Serve with lime wedges.