

Peri-Peri Chicken Sosties with Bean and Charred Corn Salad

High-protein peri-peri chicken sosties with a butter bean, charred mielie and tomato salad. A diabetes-friendly braai for 4 in 40 minutes.

Servings: 4 people · Prepping time: 15 min plus 30 min marinating
· Cooking time: 12 min

A braai that nobody will clock as "diabetes food". Lean chicken for protein, beans and corn for fibre, and enough flavour that the salad disappears first.

Ingredients

Sosties

- 600 g skinless chicken breast, cut into 3 cm cubes
- 1 red and 1 yellow pepper, cut into chunks
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 garlic cloves, crushed
- 2 tsp peri-peri spice, or 1 fresh chilli, finely chopped
- 1 tsp smoked paprika
- Skewers (soak wooden ones in water for 20 minutes)

Bean and charred corn salad

- 1 × 400 g tin butter beans, drained and rinsed
- 2 mielies
- 250 g cherry tomatoes, halved
- 1 handful fresh coriander, chopped
- Juice of 1 lime
- 1 tbsp olive oil
- Salt and pepper to taste



Method

1. Mix the olive oil, lemon juice, garlic, peri-peri and paprika. Toss the chicken in it and marinate for at least 30 minutes, or overnight in the fridge.
2. Thread the chicken onto skewers, alternating with pepper and onion.
3. Braai over medium coals for 10 to 12 minutes, turning often, until the chicken is cooked through with no pink in the middle.
4. Char the mielies on the grid alongside the sosaties, turning until blackened in spots. Cool slightly and cut the kernels off the cob.
5. Toss the corn with the butter beans, tomatoes, coriander, lime juice and olive oil. Season and serve with the sosaties and a green salad.

Nutrition per serving (approximate)

- Energy: about 425 kcal
- Protein: about 41 g
- Carbohydrate: about 24 g (excluding fibre)
- Fibre: about 7 g
- Fat: about 15 g

Dietitian's note: the beans and corn are the carbohydrate quarter of the plate, so there's no need for a roll or pap on the side. Add a big green salad to fill the veg half. Values are approximate, calculated from standard food composition data, and vary by brand.