

## High-Protein Black Bean & Yaki-Imo Chicken Salad

高たんぱくブラックビーンサラダ（焼き芋とチキン）

Serves 4 (excellent leftovers)



### Ingredients

#### Protein

- 300 g air-fried chicken breast, cooled and diced 鶏むね肉
- 1 can (425 g) S&W Black Beans, drained and rinsed ブラックビーンズ

#### Vegetables

- 180–200 g prepared yaki-imo, peeled if desired and cut into 1.5–2 cm cubes 焼き芋
- 1 large red bell pepper (about 180 g), diced 赤パプリカ
- ½ medium red onion (about 75 g), finely diced 赤玉ねぎ
- 1 medium avocado (about 150 g flesh), diced just before serving アボカド
- 1 small romaine lettuce, chopped (about 180 g) ロメインレタス
- 15 g fresh basil, roughly torn バジル
- 10 g fresh parsley, chopped パセリ

#### Dressing

- 3 T extra-virgin olive oil オリーブオイル
- 3 T fresh lime juice ライム果汁
- 2 tsp Dijon mustard デイジョンマスタード
- 1 tsp honey (optional; reduce or omit if the yaki-imo is very sweet) はちみつ
- 1 clove garlic, finely grated にんにく
- 1 tsp ground cumin クミン
- ¼ tsp ground allspice オールスパイス
- ¼ tsp smoked paprika スモークパプリカ
- Salt to taste (about ½ tsp / 3 g if needed) 塩
- ¼ tsp MSG (optional) うま味調味料
- Freshly ground black pepper 黒こしょう

#### Optional Garnishes

- 30 g chopped walnuts くるみ
- 30–40 g mild Gouda or mixed shredded cheese ゴーダチーズまたはミックスチーズ
- Lime wedges ライム

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### Instructions

1. Cook the **chicken breasts** in the air fryer at **190°C** for **10–12 minutes**, turning once halfway through, until the internal temperature reaches **74°C**. Cool completely before cutting into bite-size cubes.

2. Use ready-made Japanese **yaki-imo**. Peel if desired, although the skin is edible. Cut into 1.5–2 cm cubes. If the yaki-imo is very soft, chill it for about 30 minutes before cutting to help it hold its shape in the salad.
  3. Drain and rinse the **black beans** thoroughly.
    - Dice the **bell pepper** and **red onion**.
    - Wash and chop the **romaine lettuce**.
    - Roughly tear the **basil** and chop the **parsley**.
    - Dice the **avocado** just before assembling the salad.
  4. Dressing
    - In a small bowl, whisk together **olive oil**, **lime juice**, **Dijon mustard**, **honey** (if using), **garlic**, **cumin**, **allspice**, **smoked paprika**, salt, **MSG** (if using), and **black pepper** until smooth and emulsified.
    - Taste and adjust the seasoning. If the yaki-imo is particularly sweet, add another teaspoon of lime juice rather than more honey.
  5. In a large bowl, combine the **chicken**, **black beans**, **yaki-imo**, **bell pepper**, **red onion**, and **romaine**. Pour about  $\frac{3}{4}$  of the **dressing** over the salad and toss gently. Fold in the **avocado**, **basil**, and **parsley** just before serving so they remain fresh and vibrant. Add additional dressing if needed.
  6. Sprinkle with chopped **walnuts** for extra crunch and omega-3s. If desired, add small cubes of **Gouda** or a light scattering of **shredded mixed cheese**. Serve with **lime wedges** for squeezing over each portion.
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### Make-Ahead Notes

- The chicken, black beans, yaki-imo, vegetables, and dressing may all be prepared one day ahead.
  - Store the avocado, herbs, and lettuce separately until serving.
  - Assemble just before eating for the freshest texture.
  - Leftovers keep well for 1–2 days, although the avocado is best added fresh.
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### Serving Suggestions

- Serve with chilled tomato soup or gazpacho.
  - Excellent with basil bread, focaccia, or cornbread.
  - Makes a satisfying summer lunch or light dinner.
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### Notes

- Japanese yaki-imo gives a deeper, naturally caramelized flavor than freshly roasted sweet potatoes and saves considerable preparation time.
  - Walnuts provide additional protein, healthy fats, and omega-3 fatty acids while complementing the sweetness of the yaki-imo.
  - Using basil and parsley instead of cilantro creates a Mediterranean-inspired version that works beautifully with ingredients commonly available in Japan.
  - The dressing should be bright and citrusy to balance the richness of the avocado and sweet potato.
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## Nutrition

**Per Serving (1 of 4)**

**Kcal total:** ~515 | **Protein:** ~36 g | **Fat:** ~23 g | **Sat Fat:** ~3.5 g | **Carbs:** ~42 g  
| **Sugars:** ~10 g | **Fiber:** ~12 g | **Sodium:** ~420 mg | **Omega-3:** ~0.8 g