Treasure Barrel

Corn Chicken Bowl – Easy Street Recipe

Hearty corn chicken bowl with sweet corn, juicy chicken, and fresh veggies for a quick, comforting dinner.

15 min	20 min	35 min	4	Easy	American
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb boneless chicken breast, cut into strips
- [ ] 1 ½ cups fresh or frozen sweet corn kernels
- [ ] 1 red bell pepper, diced
- [ ] 2 tbsp olive oil
- [ ] 1 tsp ground cumin
- [ ] Zest of 1 lime
- [ ] 2 tbsp lime juice
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Chopped fresh cilantro
- [ ] Sliced avocado
- [ ] A pinch of smoked paprika

Instructions

1. Pat the chicken strips dry, season with salt, pepper, and half the cumin. Heat 1 tbsp olive oil in a large skillet over medium-high heat.
2. Sear the chicken until golden on all sides, about 4-5 minutes; remove and set aside.
3. Add the remaining olive oil, then the diced red pepper; sauté for 2 minutes until just softened.
4. Stir in the corn and the remaining cumin; cook for another 3 minutes, keeping the kernels crisp.
5. Return the chicken to the pan, add lime zest and juice, and toss everything together. Taste and adjust seasoning.
6. Divide the mixture into bowls, garnish with cilantro, avocado, and a sprinkle of smoked paprika if desired.

Nutrition per serving

380 kcal	32 g	32 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra sweetness, drizzle a tiny spoonful of honey after cooking.
- If using frozen corn, avoid over-cooking to prevent mushiness.
- A quick squeeze of lime right before serving lifts the whole dish.