Treasure Barrel

Street Corn Chicken Rice Bowl – 40g Protein in 30 Minutes

Quick street-corn chicken rice bowl with 40 g protein, ready in half an hour.

10 min	20 min	30 min	4	Easy	Mexican
Prep time	Cook time	Total time	Servings	Difficulty	Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup fresh corn kernels
- [ ] 1 cup long-grain rice
- [ ] 2 tbsp olive oil
- [ ] 1 tsp cumin
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp chili powder
- [ ] Juice of 1 lime
- [ ] 2 tbsp chopped cilantro
- [ ] Salt and pepper to taste

Optional Toppings

- [ ] 1 tbsp crumbled feta
- [ ] Sliced avocado
- [ ] Hot sauce of choice

Instructions

1. Pat the chicken dry, season with salt, pepper, and half the spices. Heat 1 tbsp olive oil in a large skillet over medium-high heat and sear the chicken until golden brown, about 4-5 minutes; set aside.
2. In the same skillet, add the remaining oil, then toss in the corn kernels. Sauté for 2-3 minutes until they start to char, then stir in the remaining spices and let them toast briefly.
3. Add the rice and 2 cups of water (or broth) to the pan, bring to a simmer, then cover and cook for 15 minutes, or until the rice is tender and the liquid is absorbed.
4. Return the chicken to the pan, drizzle with lime juice, fold everything together, and let sit off the heat for a minute. Sprinkle cilantro, and if you like, top with feta, avocado, or a dash of hot sauce.

Nutrition per serving

420 kcal	40 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If using frozen corn, make sure it’s fully thawed and patted dry to avoid sogginess.
- For extra smoky flavor, use a grill pan for the chicken.
- Adjust salt after adding lime, as the citrus brightens the overall taste.