

Zucchini Bread Recipes

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

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

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, diced
- [ ] 1 cup brown rice
- [ ] 1 cup corn kernels (fresh or frozen)
- [ ] 1 tbsp olive oil
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste

For the Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp lime juice
- [ ] 1 tbsp honey
- [ ] 2 tbsp chopped cilantro
- [ ] Pinch of salt

Instructions

1. Cook the brown rice according to package directions; once done, fluff with a fork and set aside.



2. Season the chicken with salt, pepper, and smoked paprika. Heat olive oil in a skillet over medium-high heat, then sear the chicken until golden brown and cooked through, about 5-6 minutes.



3. Add the corn kernels to the pan with a little more oil. Sauté until they develop a light char, about 3-4 minutes, stirring occasionally.



4. Whisk together dressing ingredients in a small bowl. Drizzle over the cooked rice, chicken, and corn, then toss gently to combine.



5 Divide the mixture into four bowls, garnish with extra cilantro, a lime wedge, and a sprinkle of crumbled queso fresco if desired.



Nutrition per serving

420 kcal	32 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of cayenne to the chicken seasoning.
- For extra creaminess, mix a tablespoon of Greek yogurt into the dressing.
- To keep the bowl warm longer, cover with foil for a few minutes before serving.