Plate Dream

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

Vibrant street corn chicken rice bowl delivering 40g protein, quick and satisfying.

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, cut into bite-size pieces
- [ ] 2 cups cooked jasmine rice
- [ ] 1 cup fresh corn kernels (or frozen, thawed)
- [ ] 1/2 cup black beans, rinsed
- [ ] 1/4 cup red bell pepper, diced
- [ ] 2 tbsp olive oil

For the Sauce

- [ ] 1/2 cup Greek yogurt
- [ ] 2 tbsp lime juice
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp honey
- [ ] Salt and pepper to taste

Toppings

- [ ] 2 tbsp fresh cilantro, chopped
- [ ] 1 avocado, sliced
- [ ] Optional: crumbled feta cheese

Instructions

1. Season the chicken with salt, pepper, and a dash of cumin. Heat olive oil in a large skillet over medium-high heat, then sear the chicken until golden brown, about 5 minutes. Remove and set aside.
2. In the same skillet, add the corn and red bell pepper. Sprinkle smoked paprika and a pinch of salt, then sauté for 3-4 minutes until the corn is lightly charred. This is where the street-corn flavor develops.
3. While the vegetables cook, whisk together Greek yogurt, lime juice, honey, and a pinch of smoked paprika for the sauce. Adjust salt to taste.
4. Return the chicken to the pan, add black beans, and stir everything together for another minute to heat through.
5. To assemble, place a bed of jasmine rice in each bowl, top with the chicken-corn mixture, drizzle the lime-yogurt sauce, and garnish with cilantro, avocado, and optional feta.

Nutrition per serving

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

Tips & notes

- If you like extra heat, add a pinch of cayenne during Step 02.
- For a creamier texture, swirl a little extra yogurt into the finished bowl.
- You can prep the sauce ahead of time and store it in the fridge for up to 2 days.