



Long Livo

Zesty Street Corn Chicken Rice Bowl

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

Mexican

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb chicken breast, diced
- ☐ 2 cups corn kernels (fresh or frozen)
- ☐ 1 cup long-grain rice
- ☐ 2 cups water or low-sodium chicken broth
- ☐ 1 red bell pepper, diced
- ☐ 2 tbsp olive oil

- ☐ 1 tsp smoked paprika
- ☐ 1 lime, juiced
- ☐ 1/4 cup fresh cilantro, chopped
- ☐ Salt and pepper to taste

Optional Toppings

- ☐ Crumbled queso fresco
- ☐ Sliced avocado
- ☐ A drizzle of crema or Greek yogurt

Instructions

- 1 Heat 1 tbsp olive oil in a large skillet over medium-high heat. Season chicken with salt, pepper, and half the smoked paprika, then sear until golden brown, about 5-6 minutes. Remove and set aside.
- 2 In the same skillet, add remaining oil and toss in corn kernels and red bell pepper. Cook, stirring, until the corn begins to char, about 3-4 minutes. Sprinkle the remaining paprika.
- 3 While the vegetables are humming, rinse rice under cold water. Add rice and water (or broth) to a saucepan, bring to a boil, then reduce to a simmer, cover, and cook 12-15 minutes until fluffy.
- 4 Return the chicken to the skillet, mix gently with the corn, and heat through. Finish with lime juice, cilantro, and a pinch of salt. Spoon rice into bowls, top with the chicken-corn mixture, and add optional toppings if desired.
- 5 Serve immediately, letting the warm steam carry the scent of smoked corn and lime.

Nutrition per serving

420 kcal

Calories

32 g

Protein

45 g

Carbs

12 g

Fat

Tips & notes

- If you prefer a spicier bowl, add a pinch of cayenne with the paprika.
- For extra crunch, toss in toasted pepitas just before serving.
- A splash of chicken broth while cooking the rice adds depth.