Prep Time: 15 minutes
Cook Time: 25 minutes
Total Time: 40 minutes

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Introduction

Take a culinary trip to the streets of Mexico with this vibrant, flavor-packed bowl. We've taken the classic *Elote* (Mexican street corn) and turned it into a complete, macro-friendly meal. This bowl features succulent, spiced chicken, fluffy rice, and a creamy, tangy street corn salad that will keep you coming back for more. It's the perfect balance of smoky, spicy, sweet, and creamy—and it's high in protein to keep you full and fueled.

Ingredients

For the Chicken:

- 1.5 lbs (680g) boneless, skinless chicken breasts (or thighs)
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp salt
- ¼ tsp black pepper
- Juice of 1 lime

For the Street Corn Salad (Esquites):

- 3 cups corn kernels (fresh, frozen, or canned—drained)
- 1 tbsp olive oil
- 1 jalapeño, seeded and finely diced (optional for heat)
- 2 cloves garlic, minced
- 1/4 cup plain Greek yogurt (or light sour cream)
- 2 tbsp mayonnaise
- 1/2 cup crumbled Cotija cheese (or Feta)
- 1/2 cup chopped fresh cilantro
- Juice of 1 lime
- ½ tsp chili powder
- Salt and pepper to taste

For the Bowl Base:

- 2 cups cooked brown rice (or white rice)
- 1 cup black beans, rinsed and drained
- 1 avocado, sliced
- Extra lime wedges for serving

Equipment

- Large skillet or grill pan
- Mixing bowls
- Measuring cups and spoons
- Meat thermometer (recommended)

Instructions

Phase 1: Preparation (Intensity: Low | Time: 10 Minutes)

1. Marinate the Chicken: Pat the chicken breasts dry with paper towels. In a small bowl, whisk together 2 tbsp olive oil, smoked paprika, garlic powder, onion powder, chili powder, cumin, salt, pepper, and lime juice. Rub this mixture evenly over the chicken. Let it sit while you prep the other ingredients.

2. Prep the Veggies: Drain and rinse the black beans. Chop the cilantro, dice the jalapeño, and mince the garlic. Slice the avocado (do this last to prevent browning).

3. Cook the Rice: If not using leftover rice, cook 1 cup of dry rice according to package instructions.

Phase 2: Cooking the Chicken (Intensity: Medium-High | Time: 10–12 Minutes)

4. Sear the Chicken: Heat a large skillet over medium-high heat. Once hot, add the chicken breasts. Cook for 5–6 minutes per side, or until the internal temperature reaches 165°F (74°C). The chicken should have a nice golden-brown crust.

5. Rest: Remove the chicken from the pan and transfer to a cutting board. Let it rest for 5 minutes before slicing into strips. *Resting is crucial for retaining juices.*

Phase 3: Charring the Corn (Intensity: High | Time: 5–7 Minutes)

6. Char the Corn: In the same skillet (do not wipe it out—the chicken fond adds flavor), add 1 tbsp olive oil. Add the corn kernels in a single layer. Let them sit without stirring for 2–3 minutes to get a char. Stir and continue cooking for another 3–4 minutes until the corn is heated through and has dark spots. Add the minced garlic and jalapeño and cook for 30 seconds until fragrant.

7. Cool Slightly: Remove the corn mixture from the heat and transfer to a large mixing bowl. Let it cool for 2 minutes (so it doesn’t melt the yogurt).

Phase 4: Assembling the Street Corn (Intensity: Low | Time: 3 Minutes)

8. Mix the Dressing: To the warm corn bowl, add the Greek yogurt, mayonnaise, Cotija cheese, cilantro, lime juice, and chili powder. Stir until everything is well coated. Season with salt and pepper to taste. The mixture should be creamy and slightly chunky.

Phase 5: Bowl Assembly (Intensity: Low | Time: 2 Minutes)

9. Build the Base: Divide the cooked rice and black beans among four bowls.

10. Add the Protein: Top with the sliced chicken.

11. Add the Star: Spoon a generous portion of the warm street corn salad next to the chicken.

12. Garnish: Finish with sliced avocado and a lime wedge.

Recipe Notes & Tips

- Meal Prep: This recipe is excellent for meal prep. Store the rice, chicken, and corn salad in separate containers for up to 4 days. Keep the avocado separate until serving.
- Cheese Swap: If you can’t find Cotija, Feta is the best substitute. Parmesan also works in a pinch.
- Heat Level: To make it spicier, leave the seeds in the jalapeño or add a pinch of cayenne pepper to the chicken rub.
- Corn: If using frozen corn, thaw and pat dry before charring to avoid steaming instead of roasting.

Nutritional Information (Per Serving)

Disclaimer: Nutritional values are estimates and will vary based on specific ingredients and portion sizes.

- Calories: ~620 kcal

- Protein: 48g
- Carbohydrates: 52g
- Fat: 24g
- Saturated Fat: 6g
- Cholesterol: 110mg
- Sodium: 780mg
- Fiber: 9g
- Sugar: 8g