

Spicy Chicken Rice Bowl

This vibrant Spicy Chicken Rice Bowl combines tender chicken with a medley of fresh tomatoes, peppers, and onions. It's a flavorful dish that's easy to prepare and perfect for a satisfying meal without being jollof rice.


30 min

Total time

easy

Difficulty

550

kcal / serving

Ingredients

- 1 cup rice
- 1 soft chicken breast, diced
- 1 medium tomato, chopped
- 1/2 bell pepper, sliced
- 1/2 onion, chopped
- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1/2 teaspoon cayenne pepper
- Salt to taste
- Pepper to taste
- Fresh herbs (like cilantro or parsley) for garnish

Steps

- 1 Rinse the rice under cold water until the water runs clear, then cook it according to package instructions.
- 2 In a skillet, heat the olive oil over medium heat. Add the diced chicken and season with salt, pepper, paprika, and cayenne pepper. Cook until the chicken is browned and cooked through, about 5-7 minutes.
- 3 Add the chopped onions and bell peppers to the skillet, sautéing until they become soft, about 3-4 minutes.
- 4 Stir in the chopped tomatoes and cook for an additional 2-3 minutes until the tomatoes are heated and slightly softened.
- 5 Serve the spicy chicken mixture over the cooked rice and garnish with fresh herbs.