

The Ultimate Grilled Chicken Salad Bowl with Creamy Guacamole

Grilled Chicken Salad Bowl with Guacamole, Cucumbers, Corn, and Tomatoes



TIME
6 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

For the Chicken:

- 1 ½ lbs (680g) chicken breast, butterflied for even cooking
- 1 tbsp olive oil
- 1 tsp paprika (smoked paprika adds a lovely depth)
- 1 tsp garlic powder
- 1/2 tsp cumin
- Salt & pepper to taste

For the Guacamole:

- 2 ripe avocados
- Juice of 1 lime
- 1 garlic clove, minced
- 1 tbsp fresh cilantro, chopped
- Salt & pepper

For the Salad Bowl:

- 4 cups mixed salad greens (spinach, arugula, or romaine work great)
- 1 cup cucumber slices
- 1 cup cherry tomatoes, halved
- 1 cup sweet corn (fresh, frozen, or canned)
- Chili flakes (optional, for a kick of heat)

DIRECTIONS

- 1.** Season the : Chicken: In a small bowl, mix the paprika, garlic powder, cumin, salt, and pepper. Rub the chicken breasts with olive oil and then coat them evenly with the spice mix.
- 2.** Grill: Pre-heat your grill or a stovetop grill pan over medium-high heat. Grill the chicken for 5-6 minutes per side. Ensure the internal temperature reaches 165°F (74°C). Once done, let it rest for 5 minutes before slicing into strips.
- 3.** Prepare the : Guacamole: While the chicken rests, scoop the avocado flesh into a bowl. Add the lime juice, minced garlic, cilantro, salt, and pepper. Mash with a fork until you reach your desired consistency-I prefer mine a little chunky!
- 4.** Assemble the : Bowls: Divide the mixed greens into four large bowls. Layer on the cucumbers, cherry tomatoes, and sweet corn.
- 5.** Finish and : Serve: Top each bowl with the sliced grilled chicken and a generous scoop of the homemade guacamole. Sprinkle with chili flakes if you like a little heat.

SWAPS & NOTES

This bowl works beautifully with grilled shrimp, seared salmon, or even smoked tofu.

The Greens: If you want more "heft," try a base of quinoa or brown rice.

This gives it a similar vibe to this Mexican chicken and rice casserole which is one of my favorite cozy one-pan dinners.

The Corn: If you have time, char the corn in a dry skillet or on the grill for a smoky, street-corn style flavor.

TIPS FOR SUCCESS

Butterfly the Chicken: Slicing the chicken breast in half horizontally (butterflying) ensures it cooks quickly and stays juicy without burning the outside.

Lime is Key: Don't skimp on the lime juice in the guacamole.

It doesn't just add flavor; the acidity prevents the avocado from browning too quickly.

Season Every Layer: Lightly salt your cucumbers and tomatoes before adding them to the bowl to make their natural flavors pop.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-ultimate-grilled-chicken-salad-bowl-with-creamy-guacamole/>