

Honey Lime Chicken and Avocado Rice Stack: The Ultimate Summer Bowl

Honey Lime Chicken and Avocado Rice Stack ???



TIME
25 min

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INGREDIENTS

For the Rice:

2 cups rice

3 cups chicken broth

... cup soy sauce

1 tablespoon sesame oil

... teaspoon garlic powder

For the Chicken:

1 pound boneless, skinless chicken breasts, thinly sliced

... cup honey

... cup lime juice

‰ teaspoon grated fresh ginger

For the Avocado:

1 ripe avocado, sliced

DIRECTIONS

- 1.** Cook the Rice:: Bring chicken broth to a boil in a large pot. Add rice, soy sauce, sesame oil, and garlic powder. Reduce heat, cover, and simmer for 20-25 minutes, until rice is tender and liquid is absorbed. Fluff with a fork and set aside.
- 2.** Marinate the Chicken:: In a bowl, whisk together honey, lime juice, and ginger. Add thinly sliced chicken and toss to coat. Let marinate for at least 15 minutes, or up to 1 hour in the fridge.
- 3.** Grill the Chicken:: Grill chicken over medium heat or sear in a skillet for 3-5 minutes per side, until cooked through and slightly charred. Let rest for a few minutes before slicing.
- 4.** Assemble the Stack:: On a plate or in a bowl, layer a scoop of rice, a few slices of grilled chicken, and fresh avocado. Garnish with lime juice, herbs, or sauce if desired.
- 5.** Serve:: Serve immediately and enjoy the balance of sweet, savory, and creamy flavors!

TIPS FOR SUCCESS

Slice chicken thinly for quick cooking and even marinating.

Use jasmine or basmati rice for a fluffier texture.

Don't skip the resting time after cooking chicken—it locks in the juices.

Ripe avocados work best—look for ones that yield slightly to pressure but aren't mushy.

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