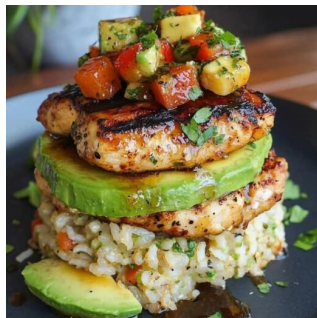


Build Your Own Chicken Avocado Rice Stack - Healthy and Hearty

When bold flavor meets nourishing ingredients, you get this



TIME
30 min

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INGREDIENTS

For the Chicken Marinade:

2 boneless, skinless chicken breasts

Juice and zest of 2 limes

2 tbsp honey ?

2 tbsp olive oil

2 cloves garlic, minced

Salt and pepper, to taste

1 tsp chili flakes (optional, for heat)

For the Rice Base:

2 cups cooked white or brown rice ?

For the Avocado Topping:

1 avocado, diced ?

1 tbsp lime juice

Pinch of salt

To Finish:

2 tbsp chopped cilantro ?

... cup diced red onion

Sour cream or Greek yogurt, for topping (optional)

DIRECTIONS

1. Marinate the Chicken: In a bowl, whisk together:
2. Lime juice & zest
3. Honey
4. Olive oil
5. Garlic
6. Salt, pepper, and chili flakes (if using)
7. Add chicken to a resealable bag or shallow container. Pour in the marinade and refrigerate for at least 30 minutes, or up to 2 hours for more flavor.
8. Cook the Chicken: Remove chicken from the marinade and discard the excess. Grill or pan-sear over medium heat for 6-7 minutes per side, until fully cooked and golden. Let rest for 5 minutes, then slice.
9. Prep the Avocado Mix: In a bowl, gently toss diced avocado with lime juice and a pinch of salt. This keeps it bright and adds flavor.
10. Assemble the Stack: Layer ingredients as follows:
11. Warm rice on the bottom
12. Sliced honey lime chicken
13. Avocado mixture on top
14. Sprinkle with red onion and cilantro
15. Add a dollop of sour cream or : Greek yogurt, if desired
16. For a fun twist, use a stack mold or food ring for a beautiful presentation-or toss everything together in a bowl for a more casual meal.

TIPS FOR SUCCESS

Let the chicken rest before slicing to lock in juices. Use ripe avocado, but not too soft, for best texture. Brown rice or quinoa are great whole grain swaps. Add corn, black beans, or shredded lettuce for a burrito bowl twist.

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

Original recipe: <https://chefmaniac.com/build-your-own-chicken-avocado-rice-stack-healthy-and-hearty/>