

Honey Lime Chicken and Avocado Rice Stack: Perfect Summer Meal

Honey Lime Chicken and Avocado Rice Stack



TIME
15-20 min

TEMP
165°F

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Recipe Card

SAVE
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INGREDIENTS

- 2 cups rice (jasmine or basmati recommended)
- 3 cups chicken broth (low-sodium recommended)
- 1/4 cup soy sauce
- 1 tablespoon sesame oil (toasted sesame oil recommended)
- 1/4 teaspoon garlic powder
- 1 pound boneless, skinless chicken breasts, thinly sliced
- 1/4 cup honey
- 1/4 cup lime juice (freshly squeezed recommended)
- 1/2 teaspoon grated ginger (freshly grated recommended)
- 1-2 avocados, ripe, diced or sliced

Optional garnishes: fresh cilantro, extra lime wedges, sesame seeds

Swaps and Notes:

Rice: Jasmine or Basmati rice are ideal for their aroma and texture. Long-grain white rice works too. Brown rice can be used, but will require more broth and a longer cooking time.

Chicken Broth: Low-sodium chicken broth gives you more control over the saltiness. Vegetable broth can be substituted.

Soy Sauce: Use regular or low-sodium soy sauce. Tamari is a great gluten-free alternative.

Sesame Oil: Toasted sesame oil provides that distinctive nutty, aromatic flavor.

Chicken Breasts: Thinly sliced chicken breasts cook quickly and absorb the marinade well. Boneless, skinless chicken thighs can also be used for extra juiciness.

Honey: Any type of honey will work. Maple syrup could be a substitute for a different flavor profile.

Lime Juice: Freshly squeezed lime juice is crucial for the bright, zesty flavor of the marinade.

Grated Ginger: Freshly grated ginger provides the best vibrant flavor. If you don't have fresh, 1/4 teaspoon of ground ginger can be used.

Avocado: Choose ripe avocados that yield gently to pressure for creaminess. Dice or slice them just before serving to prevent browning.

Optional Garnishes: Fresh cilantro adds herbaceousness, extra lime wedges provide more tang, and sesame seeds add a nice textural crunch.

DIRECTIONS

1. Let's get this flavorful and refreshing : Honey Lime Chicken and Avocado Rice Stack assembled!
2. Prepare the : Rice: In a medium saucepan, combine the 2 cups of rice, 3 cups of chicken broth, 1/4 cup of soy sauce, 1 tablespoon of sesame oil, and 1/4 teaspoon of garlic powder.
3. Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover the saucepan tightly with a lid, and simmer for 15-20 minutes, or until the rice is cooked through and has absorbed all the liquid. Avoid lifting the lid during this time. Once cooked, remove from heat and let it rest, covered, for 5 minutes. Fluff gently with a fork.
4. Prepare the : Chicken Marinade: While the rice cooks, in a shallow dish or medium bowl, whisk together the 1/4 cup of honey, 1/4 cup of lime juice, and 1/2 teaspoon of grated ginger.
5. Marinate and : Cook Chicken: Add the 1 pound of thinly sliced boneless, skinless chicken breasts to the honey-lime marinade. Toss to coat evenly. Let the chicken marinate for at least 15 minutes at room temperature while the rice finishes, or for up to 30 minutes.
6. Heat a large skillet over medium-high heat. Add a tiny drizzle of olive oil if needed. Add the marinated chicken slices (reserving any excess marinade in the bowl). Cook for 3-4 minutes per side, or until the chicken is golden brown, cooked through, and the marinade has caramelized slightly on the chicken. (Internal temperature of 165°F / 74°C).

7. If there's any remaining marinade, you can add it to the skillet after the chicken is cooked, bring it to a quick simmer to thicken into a glaze, then toss the chicken back in.
8. Prepare : Avocado & Garnish: Dice or slice the ripe avocados just before assembling to prevent browning. If using, chop fresh cilantro and get any extra lime wedges and sesame seeds ready.
9. Assemble the : Stack (or Bowls): For a stacked presentation: Use a round mold or a small, clean food can (both ends removed) placed on the serving plate. Spoon a layer of the cooked savory rice into the bottom of the mold, pressing gently. Top with a layer of the honey-lime chicken. Finish with a layer of diced avocado. Gently remove the mold.
10. For a bowl presentation: Place a scoop of savory rice in a bowl. Top with the honey-lime chicken and a generous amount of sliced or diced avocado.
11. Serve: Garnish with fresh cilantro, extra sesame seeds, and a fresh lime wedge. Serve immediately and enjoy this flavorful, refreshing dish!

SWAPS & NOTES

Rice: Jasmine or Basmati rice are ideal for their aroma and texture.

Brown rice can be used, but will require more broth and a longer cooking time.

Chicken Broth: Low-sodium chicken broth gives you more control over the saltiness.

Soy Sauce: Use regular or low-sodium soy sauce.

TIPS FOR SUCCESS

Thinly Slice Chicken: This ensures the chicken cooks quickly and absorbs the marinade effectively, and makes for nice layers in a stack.

Don't Overcook Chicken: Lean chicken breast cooks fast.

Fresh Lime & Ginger: These fresh ingredients are crucial for the vibrant flavor of the marinade.

Fluff Rice: Once the rice is cooked and rested, fluff it with a fork to ensure a light, airy texture for stacking.

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

Original recipe: <https://chefmaniac.com/honey-lime-chicken-and-avocado-rice-stack-perfect-summer-meal/>