

How to Make a Restaurant-Quality Honey Lime Chicken & Avocado Stack

Honey Lime Chicken and Avocado Rice Stack



TIME
20 min

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INGREDIENTS

For the Chicken:

2 Chicken Breasts: Cut into thick, uniform strips for even cooking.

2 tbsp Honey: This provides the sticky glaze and natural sweetness.

1 tbsp Soy Sauce: Adds the necessary salt and savory umami depth.

1 tbsp Lime Juice + Zest of 1 Lime: Essential for that signature citrus punch.

1 Garlic Clove: Finely chopped or minced.

1/2 tsp Chili Flakes (Optional): For those who like a subtle back-of-the-throat heat.

Salt and Black Pepper: To taste.

1 tbsp Olive Oil: For searing.

For the Rice Pile:

1 cup Jasmine or Basmati Rice: Long-grain rice works best for a fluffy texture.

2 tbsp Fresh Coriander (Cilantro): Finely chopped.

Juice of 1/2 Lime: To brighten the grains.

Salt: To bring out the herbal notes.

The Avocado Layer:

1 Ripe Avocado: Sliced or slightly mashed depending on your preference.

1 tsp Lime Juice: To prevent browning and add flavor.

Salt and Pepper: To taste.

DIRECTIONS

- 1. Marinate the Chicken:** In a medium bowl, whisk together the honey, soy sauce, lime juice, lime zest, minced garlic, and chili flakes. Add your chicken strips, tossing to ensure every piece is coated. Let this sit for at least 20 minutes. This allows the acid in the lime to tenderize the meat while the honey and soy penetrate the fibers.
- 2. Prepare the Zesty Rice:** While the chicken marinates, cook your rice according to the package instructions. Pro tip: Use chicken broth instead of water for even more flavor. Once the rice is fluffy and cooked, fold in the chopped coriander, lime juice, and salt. Keep it covered so it stays warm and moist.
- 3. Sear to Perfection:** Heat olive oil in a large skillet over medium-high heat. Add the chicken strips (discarding excess marinade for now). Cook for 4-5 minutes per side. You are looking for a deep, golden-brown caramelization. In the last minute of cooking, you can pour a teaspoon of the remaining marinade into the pan to create a thick glaze. Set the chicken aside to rest for a moment.
- 4. Prep the Avocado:** Slice your avocado thinly or give it a light mash. Immediately toss with lime juice to keep that vibrant green color. Season lightly with salt and pepper.
- 5. Assemble the Stack:** This is where the magic happens! Use a ring mold or a large circular measuring cup.
- 6. Pack the bottom with a thick layer of the coriander-lime rice.**
- 7. Follow with a layer of the seasoned avocado.**
- 8. Top with the warm, caramelized honey lime chicken.**

9. Press gently with the back of a spoon to ensure the stack holds its shape when you remove the mold.

SWAPS & NOTES

The Avocado Layer 1 Ripe Avocado: Sliced or slightly mashed depending on your preference. 1 tsp Lime Juice: To prevent browning and add flavor.

Swaps and Notes Protein Substitutions: This marinade works beautifully with shrimp or firm tofu.

If you're in the mood for a different style of Mexican-inspired poultry, check out my Easy Chicken Enchiladas.

Rice Alternatives: For a lower-carb version, cauliflower rice works surprisingly well.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: If the chicken pieces are too close together, they will steam instead of sear.

Cook in batches if necessary to get that crispy, sticky exterior.

The Avocado Sweet Spot: Use an avocado that is "just" ripe.

If it's too hard, it won't compress; if it's too soft, the stack might slide.

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

Original recipe: <https://chefmaniac.com/how-to-make-a-restaurant-quality-honey-lime-chicken-avocado-stack/>