

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

Honey Lime Chicken and Avocado Rice Stack



**TIME**  
**30 min**

**TEMP**  
**165°F**

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### INGREDIENTS

For the Chicken Marinade & Cooking:

450 g (1 lb) boneless, skinless chicken breasts:

You can also use thighs for a juicier bite.

3 tablespoons honey: Provides that essential sticky glaze.

Juice and zest of 1-2 limes: Fresh is non-negotiable here!

2 tablespoons olive oil: To help the chicken sear without sticking.

2 garlic cloves, minced: For that savory depth.

$\frac{1}{2}$  teaspoon chili powder (optional): Adds a hint of warmth.

$\frac{1}{2}$  teaspoon ground cumin (optional): Gives an earthy, smoky undertone.

Salt and freshly ground black pepper: To taste.

For the Avocado Rice:

1 cup uncooked rice: Jasmine or Basmati works best for a fluffy texture.

2 cups water or chicken broth: Using broth adds a massive boost of savory flavor.

1 ripe avocado: Diced into small chunks.

2 tablespoons fresh lime juice: Keeps the avocado green and adds tang.

... cup fresh cilantro: Chopped finely.

Salt and pepper: To taste.

For Assembly & Serving (Optional):

Extra cilantro for garnish

Lime wedges

Diced tomatoes or sliced red onion

Sour cream or Greek yogurt

## DIRECTIONS

1. Prepare the Chicken Marinade: In a medium mixing bowl, whisk together the honey, lime juice, lime zest, olive oil, minced garlic, chili powder, and cumin. Season with salt and pepper. Place your chicken in a resealable plastic bag or a shallow dish and pour the marinade over it. Ensure every inch is coated.
2. Pro : Tip: Let it sit in the fridge for at least 30 minutes. If you have the time, 2-4 hours is the "sweet spot" for maximum tenderness.
3. Cook the Rice: While the chicken marinating, rinse your rice under cold water until the water runs clear. In a saucepan, combine the rice with water or chicken broth. Bring it to a boil, then immediately reduce the heat to low. Cover and simmer for 15-20 minutes. Once done, remove from heat and let it sit (covered) for 5 minutes before fluffing with a fork.
4. Sear or Grill the Chicken: Heat a grill pan or large skillet over medium-high heat. Remove the chicken from the marinade. Cook for about 6-8 minutes per side. You're looking for a beautiful golden-brown caramelization from the honey. Ensure the internal temperature reaches 75°C (165°F). Let the chicken rest on a board for 5 minutes before slicing-this keeps the juices inside!
5. Make the Avocado Rice: In a large bowl, combine your warm rice with the diced avocado, lime juice, and cilantro. Gently fold the ingredients together. You want some of the avocado to slightly "melt" into the rice to create a creamy texture, but keep some chunks intact for visual appeal.
6. Assemble the Stack: Use a measuring cup or a small bowl as a mold if you want a perfect "stack" look.

Pack the avocado rice into the mold, flip it onto the plate, and top with your sliced honey lime chicken. Garnish with fresh tomatoes, extra cilantro, and a squeeze of lime.

## SWAPS & NOTES

This marinade works beautifully on shrimp or firm tofu.

**The Grain:** If you are watching your carbs, you can easily swap the white rice for cauliflower rice or quinoa.

Just be gentler when folding in the avocado.

**The Fat:** If you don't have olive oil, avocado oil is a fantastic high-heat alternative that complements the flavors.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** When searing the chicken, give the pieces space.

If the pan is too full, the chicken will steam instead of sear, and you'll miss out on that honey-glaze crust.

**Use Ripe Avocados:** Your avocado should give slightly when pressed.

If it's too hard, it won't mix into the rice properly; if it's too mushy, the rice will look grey.

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

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