

Prep time: 20 minutes | Cook time: 25 minutes | Total time: 45 minutes

This Honey Lime Chicken and Avocado Rice Stack is a vibrant, flavor-packed meal that looks as impressive as it tastes. Succulent chicken breasts are pan-seared to golden perfection and glazed with a sweet-tangy honey lime sauce, then stacked atop a bed of fluffy cilantro-lime rice and creamy, mashed avocado. It's a deconstructed burrito bowl meets elegant dinner plate—perfect for a weeknight dinner that feels special, or for entertaining guests.

Table of Contents

- ◆
 - [Ingredients](#)
 - [For the Cilantro-Lime Rice:](#)
 - [For the Honey Lime Chicken:](#)
 - [For the Avocado Mash:](#)
 - [For Garnish \(Optional\):](#)
 - [Instructions](#)
 - [Step 1: Prepare the Rice \(Time: 5 minutes prep, 20 minutes cook | Intensity: Low\)](#)
 - [Step 2: Marinate the Chicken \(Time: 10 minutes | Intensity: Low\)](#)
 - [Step 3: Cook the Chicken \(Time: 12–15 minutes | Intensity: Medium-High\)](#)
 - [Step 4: Make the Avocado Mash \(Time: 5 minutes | Intensity: Low\)](#)
 - [Step 5: Assemble the Stacks \(Time: 5 minutes | Intensity: Low\)](#)
 - [Step 6: Serve and Enjoy! \(Time: Immediate | Intensity: Low\)](#)
 - [Nutrition Information \(Per Serving\)](#)

Ingredients

For the Cilantro-Lime Rice:

- 1 cup long-grain white rice (or jasmine rice)
- 2 cups water (or chicken broth for more flavor)
- ¼ cup fresh cilantro, finely chopped
- Juice of 1 lime
- ½ teaspoon salt
- 1 tablespoon olive oil

For the Honey Lime Chicken:

- 4 boneless, skinless chicken breasts (about 1.5 lbs / 680g total)
- 3 tablespoons honey
- Juice of 2 limes (about ¼ cup)
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 2 cloves garlic, minced

- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil (for cooking)

For the Avocado Mash:

- 2 ripe avocados, peeled and pitted
- Juice of ½ lime
- ¼ teaspoon salt
- 2 tablespoons fresh cilantro, chopped
- Pinch of red pepper flakes (optional)

For Garnish (Optional):

- Lime wedges
 - Fresh cilantro leaves
 - Sesame seeds
 - Sliced green onions
-

Instructions

Step 1: Prepare the Rice (Time: 5 minutes prep, 20 minutes cook | Intensity: Low)

1. Rinse the rice under cold water until the water runs clear. This removes excess starch and ensures fluffy rice.
2. In a medium saucepan, combine the rinsed rice, water (or broth), salt, and olive oil. Bring to a boil over high heat.
3. Once boiling, reduce the heat to low, cover, and simmer for 15–18 minutes, or until the rice is tender and all the liquid is absorbed.

4. Remove from heat and let it sit, covered, for 5 minutes. Then, fluff with a fork and stir in the fresh cilantro and lime juice. Set aside and keep warm.

Step 2: Marinate the Chicken (Time: 10 minutes | Intensity: Low)

1. While the rice cooks, prepare the chicken. In a small bowl, whisk together the honey, lime juice, soy sauce, minced garlic, chili powder, cumin, salt, and pepper.
2. Pat the chicken breasts dry with paper towels. Place them in a shallow dish or a resealable plastic bag. Pour half of the honey-lime marinade over the chicken, reserving the other half for later. Massage the marinade into the chicken and let it sit at room temperature for 10 minutes (or refrigerate for up to 30 minutes for deeper flavor).

Step 3: Cook the Chicken (Time: 12-15 minutes | Intensity: Medium-High)

1. Heat the olive oil in a large skillet over medium-high heat.
2. Remove the chicken from the marinade (discard the used marinade) and add the chicken breasts to the hot skillet. Cook for 6–7 minutes per side, or until the chicken is golden brown and reaches an internal temperature of 165°F (74°C).
3. During the last 2 minutes of cooking, pour the reserved (unused) marinade over the chicken. Turn the chicken to coat evenly and let the sauce bubble and thicken slightly.

4. Transfer the cooked chicken to a cutting board and let it rest for 5 minutes before slicing into thick strips.

Step 4: Make the Avocado Mash (Time: 5 minutes | Intensity: Low)

1. While the chicken rests, prepare the avocado mash. In a medium bowl, combine the avocado flesh, lime juice, and salt. Mash with a fork until you reach your desired consistency (we like it slightly chunky).
2. Stir in the chopped cilantro and a pinch of red pepper flakes, if using. Taste and adjust seasoning.

Step 5: Assemble the Stacks (Time: 5 minutes | Intensity: Low)

1. Using a ring mold or a small bowl, pack a layer of cilantro-lime rice into the bottom of each serving plate. Gently remove the mold to create a neat rice base.
2. Spoon a generous dollop of avocado mash on top of the rice, spreading it slightly.
3. Artfully arrange the sliced honey-lime chicken on top of the avocado layer.
4. Garnish with lime wedges, fresh cilantro leaves, sesame seeds, and sliced green onions, if desired.

Step 6: Serve and Enjoy! (Time: Immediate | Intensity: Low)

Serve immediately while the chicken is warm and the avocado is fresh. This dish pairs beautifully with a side of steamed broccoli or a simple green salad.

Nutrition Information (Per Serving)

Please note: Nutritional values are estimates and will vary based on exact ingredients and portion sizes.

- Calories: 620 kcal
- Protein: 42g
- Carbohydrates: 55g
- Fat: 26g
- Saturated Fat: 4g
- Fiber: 8g
- Sugar: 15g
- Sodium: 780mg