

## Honey Lime Chicken & Avocado Rice Stack

Serves 2

### Chicken marinade

1 chicken breast or 3-4 chicken tenders  
2 tbsp honey  
Juice + zest of 2 limes  
2 tbsp olive oil  
2 cloves garlic, minced  
1 tsp ground cumin  
½ tsp paprika  
Salt and Black pepper

### Rice

1 cup jasmine or basmati rice  
1 ½ cup water or chicken broth  
1 tbsp fresh lime juice  
1 tbsp chopped cilantro  
Salt to taste

Photograph Henri T. de Hahn



### Avocado layer

1 ripe avocado, half sliced, and half diced  
1 tbsp fresh lime juice  
1 tbsp chopped cilantro  
Pinch of salt

Note: You will need two 3" round cooking molds with pusher for final presentation layering

1. Cook the rice with the water or chicken broth, and when ready, fold in chopped cilantro, and lime juice. Mix well, and fluff with a fork and steam under dish cloth until serving time
2. In a bowl, whisk together all ingredients for chicken marinade, set chicken and marinade in resealable plastic bag or dish, and leave in refrigerator for at least 30 minutes or up to 2 hours. Make sure chicken is evenly coated.  
(I tried to cook chicken immediately and the result was still very good)
3. In a skillet, heat a little oil and cook chicken along with all marinade. Salt and pepper as necessary. As the sauce will caramelize rapidly and become a glaze, remove sauce after 3-4 minutes, and continue to cook chicken in same skillet until slightly charred. When chicken is done, fold cooked glaze back in skillet with chicken, toss, and keep warm.
4. When ready to plate, slice chicken into small bits
5. Cut avocado in half. Dice one half, while the other is to be sliced. Toss ½ lime juice and cilantro into each portion
6. Start assembling the dish on individual plates in the following order:
  - In a mold, spoon a bed of rice 1-1 ½ inch thick at the bottom of the mold. Press gently with pusher
  - Set avocado slices on top, salt slightly, and gently press with pusher
  - Distribute chicken evenly with any additional marinade from skillet. Salt slightly, and gently press with pusher
  - Carefully remove ring and set diced avocado over food tower. Garnish with cilantro
7. Serve immediately with fresh romaine salad (with mirin and sweet chili sauce vinaigrette) or side dishes of your choice. I like to have additional rice available during the meal

NOTE: the marinade can also be used for tuna and salmon