

Grilled Chipotle Chicken Bowls

Author: Cassie Roberts | Time: 2 hours | Servings: 2-4

Ingredients

For the Chicken/Marinade

2 chicken breasts
3 ½ ounces chipotle peppers in adobo
¼ cup olive oil
3 cloves garlic
½ lime, juiced
Salt and pepper

For the Vegetables

1 red bell pepper, cut into 1 inch pieces
1 green bell pepper, cut into 1 inch pieces
1 small red onion, cut into 1 inch pieces
1 ½ tablespoons olive oil
Salt and pepper
2 Kabob skewers*

For the Chipotle Crema

1 cup plain greek yogurt
3 ½ ounces chipotles peppers in adobo
3 cloves garlic
¼ teaspoon Cumin
1 teaspoon honey
Salt to taste

For the Cilantro Lime Rice (InstantPot)

1 cup jasmine rice
2 tablespoons olive oil
1 ¼ cup water
Zest of 1 lime
½ lime, juiced
¼ cup cilantro, chopped
Salt to taste

Instructions

1. Using the textured side of a meat mallet, pound the chicken to an even ½-inch thickness. This tenderizes the chicken and helps the marinade cling better. Lightly season each side of the chicken breasts with salt and pepper. Set aside.

2. **Zest the lime:** Before cutting and juicing the lime, zest the entire lime and set the zest aside. The lime zest and ½ of the lime will be reserved for the cilantro lime rice.
3. **For the chicken marinade,** combine the chipotle peppers, olive oil, garlic, and juice from ½ of the lime in a small food processor. Blend until smooth adding salt to taste.
4. Pour the marinade over the chicken and toss until the chicken is well coated. Marinate for 1 hour or up to 6 hours.*
5. **Prepare the chipotle crema.** Combine all ingredients in a small food processor and blend until smooth. Refrigerate until ready to use.*
6. **Toss the vegetables** in a bowl with olive oil, salt and pepper. Skewer the vegetables alternating between each vegetable type/color. Refrigerate until you are ready to grill.
7. Preheat your grill.
8. **For the cilantro lime rice,** combine the jasmine rice and 1 tablespoon olive oil in your InstantPot. Toast the rice on medium until it lightly starts to brown, about 5 minutes. Add the water and set the InstantPot to high on manual pressure for 3 minutes. After 3 minutes, allow the pressure to naturally release for 15 minutes.*
9. While the rice is cooking, grill the vegetable skewers and chicken until the chicken reaches an internal temperature of 165-170 F. Remove from the grill and allow the chicken to rest for 5-10 minutes.
10. When the rice is done, drizzle with the remaining 1 tablespoon of olive oil, add the cilantro, lime zest, and juice from the remaining ½ lime. Mix until well combined.
11. Assemble the rice, chicken, and vegetables in a bowl. Top with the chipotle crema. Serve immediately.

Notes

*You can use a grill tray to saute the vegetables if you don't want to take time to skewer them.

*The acidity in the lime can start to break down the meat so I don't recommend marinating longer than 6 hours. 1-2 hours is plenty of time for this bold, smoky marinade.

*Sauces are always best prepared ahead of time so all of the flavors can infuse each other.

*While I prefer using my InstantPot to cook rice, the stove top works just as well using your standard cooking method.