

Chicken, Pepper & Avocado Rice Bowl

A bright weeknight dinner for one

SERVES 1 | PREP 10 MIN | COOK 20 MIN

INGREDIENTS

- 5 ounces boneless, skinless chicken breast
- 1 teaspoon olive oil, divided
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/4 teaspoon kosher salt, plus more to taste
- 1/2 red bell pepper, sliced
- 1/2 yellow bell pepper, sliced
- 1 small garlic clove, minced
- 1/2 cup cooked brown rice, warmed
- 1/2 small avocado, sliced
- 1 tablespoon lime juice, plus a wedge to serve

DIRECTIONS

1. Pat the chicken dry. Rub with half the olive oil, chili powder, cumin, and salt.
2. Heat a skillet over medium heat. Cook the chicken for 5–7 minutes per side, depending on thickness, until it reaches 165°F. Transfer to a plate and rest 5 minutes.
3. Add the remaining oil and the peppers to the skillet. Cook 4–5 minutes until tender with browned edges. Add garlic for the final 30 seconds.
4. Put warm rice in a bowl. Slice the chicken and add it with the peppers and avocado. Spoon lime juice over the bowl and serve with the wedge.

JANE'S NOTE

The avocado and lime go on at the end, so the warm chicken and peppers still taste fresh and bright.

MAKE-AHEAD & STORAGE

Refrigerate cooked chicken, peppers, and rice separately from avocado for up to 3 days. Reheat the cooked components until steaming hot; slice fresh avocado to serve.