

Honey Buffalo Chicken Rice Bowl

A delicious fusion of sweet and spicy, this Honey Buffalo Chicken Rice Bowl combines tender chicken coated in a tangy honey buffalo sauce served over fluffy rice, topped with fresh veggies for a satisfying meal.


25 min

Total time

easy

Difficulty

550

kcal / serving

Ingredients

- 1 chicken breast (about 6 oz)
- 1 tablespoon honey
- 2 tablespoons buffalo sauce
- 1/2 cup cooked rice
- 1/4 cup chopped bell peppers
- 1/4 cup shredded carrots
- 1 tablespoon green onions, chopped
- Salt and pepper to taste
- 1 teaspoon olive oil

Steps

- 1 Cook the rice according to package instructions and set aside.
- 2 In a small bowl, mix together honey and buffalo sauce.
- 3 Season the chicken breast with salt and pepper.
- 4 Heat olive oil in a skillet over medium heat. Add the chicken breast and cook for about 5-7 minutes on each side until cooked through.
- 5 Pour the honey buffalo sauce over the chicken and cook for an additional 2 minutes, allowing the sauce to coat the chicken.
- 6 Slice the chicken and serve over the cooked rice, topped with chopped bell peppers, shredded carrots, and green onions.