



Capilano Hot Chilli Honey and Lime Chicken Bowls

EASY • 55 MINS

Ditch the bland meal prep. These Hot Honey and Lime Chicken Bowls pack 31g of protein and 6g of fibre per serve. Sticky, charred, juicy chicken over a bed of rice, topped with a vibrant, zesty cucumber salsa. Thanks to [@emii.hanna](#) for bringing this recipe to life!



SKILL LEVEL
Easy

PREP TIME
35 mins

COOKING TIME
20 mins

SERVINGS
4

Ingredients

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



Chicken marinade

- 500g chicken thighs
- 1 tbsp peanut butter
- 1 lime (juice and zest)
- 2 cloves garlic, chopped
- 2 tbsp soy sauce
- 1 tbsp **Capilano Hot Chilli Honey**
- 1 tbsp Greek yoghurt

Salsa

- ½ cucumber, diced
- 100g pineapple, diced (tinned is fine)
- ½–1 avocado, diced
- ½ cup spring onions, sliced
- 1 lime (juice and zest)
- 1 tbsp **Capilano Hot Chilli Honey**

To serve

- ¾ cup cooked brown rice per person

Method

1. Mix the marinade ingredients through the chicken and rest for at least 20 minutes, or overnight. The longer it marinates, the more flavour it picks up.
2. Air fry at 210°C for 15–20 mins, turning halfway, until cooked through. Spoon any leftover marinade back over the chicken for the last few minutes to caramelise.
3. Oven method: Cook at 210°C for 15 mins, turning halfway, until almost cooked through. Finish in a hot pan on the stove, spooning over the remaining marinade so it reduces down sticky against the charred chicken.
4. Toss the cucumber, pineapple, avocado and spring onion in a bowl. Dress with lime juice, zest and Capilano Hot Chilli Honey. Taste and add more lime or honey as needed.
5. Pile the chicken over warm rice and spoon the salsa over the top.
6. TIP: For meal prep, store the chicken and rice together to reheat, and keep the salsa separate to stay fresh and crunchy.

Used in this recipe



Capilano Hot Chilli Honey

Available at



Honey with a Kick!

Capilano Hot Chilli Honey is crafted by our master honey blender, who expertly infuses premium Australian floral honey with fiery flecks of habanero chilli to create a delicious, sweet heat.

Elevate Your Savoury Dishes

Seek out the taste of adventure of sweet and spicy with this hot honey on your pizza, wings,

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!



tacos, stir fries and Asian-inspired dishes. It's a convenient, fresh new way to add loads of flavour to any savoury dish.

Visit capilanothoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag [#honeylovers](#) & [@capilanothoney](#) on Instagram or Facebook and you could be featured on our page!