

Chipotle Chicken Burrito Bowl

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Servings: Makes 4 bowls

Chicken

Ingredients:

- 2 lbs chicken thighs or breasts
- 2 cloves garlic minced
- 1 tablespoon lime juice
- 1 tablespoon avocado oil
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp salt

- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper

Cilantro Lime Cauliflower Rice

Ingredients:

- 2 10-oz bags of frozen cauli rice
- 1 lime juiced
- 1 tbsp cilantro, finely chopped
- Salt and pepper to taste

Fajitas

Ingredients:

- 1 red bell pepper
- 1 green bell pepper
- 1/2 white onion, diced
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tablespoon avocado oil

Mild Salsa

Ingredients:

- 2 roma tomatoes, diced
- 1/4 white onion, diced
- 1 tbsp cilantro, finely chopped

- 1 tbsp jalapeno diced or half of a jalapeno diced
- 1 tbsp lime juice

Guacamole

Ingredients:

- 2 ripe avocados
- ¼ cup diced red onion
- 1 tbsp diced cilantro
- ½ tsp salt
- 1 tsp lime juice (you can add more if you'd like)

Directions:

1. Start by heating up your rice. I'm using a 10oz frozen bag, so I'll steam it in the microwave for 4 minutes. Once done, you want to drain all of your liquid. Be careful because the package will be hot!
2. In a saute pan, add 1 tsp of avocado oil and add your rice. Cook for 3-4 minutes and you'll see the water cooks off and you're left with fluffy cauliflower rice. Turn off your heat and add your lime, cilantro and a pinch of salt.
3. Next, cook your chicken. Add about 1-2 tbsp of avocado oil into your pan and cook for 3 mins of each side on medium high heat.
4. You'll make your fajitas next. Add another 1-2 tbsp of avocado oil and cook your bell peppers and onions for about 3-4 minutes
5. Now, make your guacamole and pico de gallo!
6. You can now assemble your bowl how you wish. You can add additional toppings like shredded cheese and sour cream.

Nutrition:

Nutrition per bowl (all components included):

- Calories - 582
 - Protein - 31g
 - Fat - 32g
 - Carbs - 25g
 - Fiber - 11g
 - Net Carbs - 14g
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