MEXICAN · LUNCH · DINNER

Chipotle Chicken Burrito Bowls

65 min · Serves 5 · 701 kcal a serve · Video 5:13 · Chef Jack Ovens

Gluten-free ingredients · No nuts listed

About 60 g of protein per bowl from chicken breast, black beans, cheese and yoghurt, plus around 8 g of fibre from the beans, corn and tomatoes. A balanced, filling meal that is ready to grab all week.

Diet notes: Low saturated fat (5.1 g, 7% of the energy).

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Ingredients 22 · SERVES 5

- [ ] 900 g **chicken breast**, trimmed and butterflied
- [ ] 3 tbsp (60 g) **chipotle chillies** in adobo, chopped
- [ ] 1 tbsp (20 ml) **olive oil**
- [ ] 1 tbsp (20 ml) **fresh lime juice** for the marinade
- [ ] 4 **garlic** cloves, minced
- [ ] 1½ tsp (6 g) **ground cumin**
- [ ] 1½ tsp (6 g) **smoked paprika**
- [ ] 1 tsp (2 g) **dried oregano**
- [ ] **salt**, to taste (marinade and rice)
- [ ] **cracked black pepper**, to taste
- [ ] a **touch of spray oil** for the pan (optional)
- [ ] 300 g **jasmine rice**, washed, cooked in 550 ml cold water
- [ ] **Lime juice**: zest and juice of ½ lime for the rice
- [ ] 5 g **fresh coriander**, chopped, for the rice
- [ ] 1 can (250 g) **black beans**, drained and rinsed
- [ ] 1 can (250 g) **corn kernels**, drained and rinsed
- [ ] 100 g **mozzarella or cheddar**, freshly grated
- [ ] 200 g **cherry tomatoes**, halved or quartered
- [ ] ½ **red onion**, diced
- [ ] 5 tbsp (100 g) **high-protein Greek yoghurt**
- [ ] extra **coriander**, to serve (optional)
- [ ] **lime wedges**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Butterfly each chicken breast into two thin fillets. Toss with the olive oil, 1 tbsp lime juice, garlic, cumin, smoked paprika, oregano, chopped chipotle in adobo, salt and pepper. Cover and chill for at least 30 minutes, or overnight. 0:26
2. Put the washed rice in a saucepan with 550 ml cold water and a pinch of salt. Bring to the boil, cover, turn to low and cook 12 minutes, then leave off the heat with the lid on for 4 minutes. 1:35
3. Heat a large pan over medium-high heat, with a touch of spray oil if you like. Lay in the chicken and sear 4 minutes without moving, then flip and cook 3–4 minutes more until it reaches 74°C inside. Rest 5 minutes, then slice into 1 cm strips. 1:55
4. Fluff the rice and fold through the rinsed beans and corn, the chopped coriander, the lime zest and about half the lime's juice. 2:33
5. Divide the rice between five containers, top with the chicken and grated cheese. Pack the tomatoes, red onion and coriander separately so they stay crisp. 3:49
6. To serve, reheat the rice and chicken until piping hot, then add the fresh toppings, a spoonful of Greek yoghurt and a squeeze of lime. 4:44

> **Tip** Keeps 4 days in the fridge; the rice, chicken and cheese freeze for up to 3 months (keep fresh toppings and yoghurt out). For the cook's quick sauce, mix equal parts sriracha and mayonnaise or yoghurt.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
701 kcal	60 g	78 g
2,930 kJ	121% of a day	70 g net · 6 g sugars
		28% of a day

FIBRE	FAT	SODIUM
8.1 g	16 g	920 mg
29% of a day	5.1 g saturated	40% of a day
	20% of a day	

Energy from net carbs 42% · protein 36% · fat 22%

High in (20%+ of a day) Selenium 105% · Vitamin B6 66% · Zinc 34% · Vitamin B12 32% · Magnesium 29% · Iron 26% · Folate 26% · Calcium 21% · Potassium 20%

Source of (10–19%) Vitamin C 17% · Vitamin E 16% · Vitamin K 16% · Omega-3 13% · Vitamin A 12%

Recipe and video: Chef Jack Ovens (@ChefJackOvens) on YouTube — youtube.com/watch?v=PtTrjiLpTSc, published 31 August 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chipotle-chicken-burrito-bowls-meal-prep