

CHILI CRISP CHICKEN

550 Calories | 48g Protein | 55g Carbs | 14g Fat



INGREDIENTS

Base

- 48oz Chicken breast
- 7 Tbsp chili crisp
- 4 tbsp honey
- 4 tbsp soy sauce
- 2 tbsp sriracha
- ½ tsp, salt, pepper, garlic powder

Rice

- 2½ cups basmati rice
- 3 cups chicken bone broth

Extra Ingredients

- 2 tbsp rice vinegar
- 2 green onions chopped
- Sesame seeds to taste

Low Calorie Spicy Mayo

- 3 tbsp low fat mayonnaise
- 2/3 cup plain Greek yogurt
- 4 tbsp sriracha

DIRECTIONS

1. Place all "base" items in a slow cooker and stir gently to coat.
2. Cook on high for 4 hours or low for 7 hours.
3. While chicken cooks, combine rice and bone broth. Bring to boil, then cover and reduce to low simmer. Cook for 15-18 minutes or until liquid is absorbed. Rest for 5 minutes and fluff with fork.
4. Shred the cooked chicken directly in the slow cooker. Stir in rice vinegar, chopped green onion and sesame seeds.
5. Add the cooked rice to the slow cooker and stir everything together until evenly mixed.
6. In a bowl, combine low-fat mayo, Greek yogurt, sriracha, and no-sugar ketchup. Season with salt, pepper, and garlic powder. Stir in a splash of milk to loosen to desired consistency.
7. Divide the chicken and rice mixture into 8 meal prep containers. Top each with a drizzle of spicy mayo. Let cool before refrigerating or freezing for meal prep.

Storage & Reheating: Store frozen. To reheat, simply cover and microwave for ~3-4 minutes, add a splash of water or broth if needed, and microwave another 1-2 minutes to finish.

- 2 tbsp no sugar ketchup
- Salt, pepper, garlic powder to taste
- Milk, as needed to get preferred consistency