

Desi Carlos

Greek Chicken Bowl



Ingredients

- 600g chicken breast or 4 chicken breast fillets
- ¼ cup
- natural Greek yoghurt
- 3 tbsp extra virgin olive oil
- 1 lemon juice and zest
- 2 cloves garlic minced
- 1 tsp oregano
- ¼ tsp salt
- ¼ tsp pepper

Serving Size:
4
Serves

To assemble

- 2 cups cooked freekeh or quinoa (for a gluten-free option)
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- 1 cup cherry tomatoes halved
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- 1 Lebanese cucumber sliced
- ½ yellow capsicum, sliced into strips
- ¼ red onion, sliced
- ¼ cup Greek feta crumbled
- ¼ cup kalamata olives pips remove
- ¼ cup tzatziki or skorthalia (Greek garlic sauce) Check out our *Mediterranean Diet Book 1* for recipe for skorthalia.
- Dill for garnishing

Method

1. Marinate the chicken in the mixture of Greek yoghurt, extra virgin olive oil, lemon juice, zest, garlic, oregano, salt, and pepper in the fridge for 10 minutes.
2. Preheat the grill or skillet to medium-high heat and brush the grates with oil. Once hot, grill for 3-4 minutes per side or until fully cooked.
3. Remove the chicken from the grill and let it rest for 5 minutes before slicing.
4. Assemble the bowls by adding a bed of freekeh or quinoa, followed by tomatoes, cucumber, capsicum, and red onion. Add the sliced chicken, feta, olives, and a drizzle of the tzatziki or skorthalia. Sprinkle with fresh dill.