

Greek Chicken Couscous Bowl

Jacob · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

A couscous bowl with loads of veggies lemony chicken and tzatziki sauce Can be made ahead of time and reheated for a healthy worklunch option too

Ingredients

- - ½ teaspoon dried rosemary - ½ teaspoon ground black pepper - ½ teaspoon salt - ½ teaspoon dried oregano - ½ teaspoon garlic powder - ½ teaspoon onion powder - ? teaspoon ground cardamom - ¼ teaspoon ground coriander - 2 skinless
- boneless chicken breasts - 2 tablespoons vegetable oil - ½ lemon
- juiced - 1 ½ cups water - 1 cup dry couscous - ½ cucumber
- peeled and shredded - ½ cup sour cream - ½ cup Greek yogurt - ½ lemon
- juiced - 1 tablespoon olive oil - 1 clove garlic
- minced - 1 teaspoon chopped fresh mint - 1 teaspoon chopped fresh dill - ½ teaspoon salt - ½ teaspoon black pepper - 1 broccoli crown
- cut into florets - 1 medium red onion
- diced - ½ cucumber
- peeled and diced - 2 roma tomatoes
- diced - ½ cup chopped Kalamata olives
- or to taste - ½ cup chopped fresh parsley - 1 (4 ounce) package crumbled feta cheese
- or to taste

Instructions

1. Mix rosemary
2. black pepper
3. salt
4. oregano
5. garlic powder
6. onion powder
7. cardamom
8. and coriander together in a small bowl. Place chicken on a plate and season with spice mixture. Heat vegetable oil in a saucepan over medium heat until it starts to shimmer
9. 2 to 3 minutes. Add seasoned chicken to the pan and cook
10. covered
11. 4 to 5 minutes. Flip chicken over and cook
12. uncovered
13. until browned on the outside and no longer pink on the inside
14. 5 to 6 minutes more. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Squeeze lemon juice over chicken and allow to cool 5 minutes. Slice into strips. While chicken cooks
15. bring water to a boil in a saucepan and add salt to taste. Add couscous
16. stir once
17. and cover. Remove saucepan from heat and let couscous steam for 5 minutes. Fluff with a fork. Mix cucumber
18. sour cream
19. yogurt
20. lemon juice
21. olive oil
22. garlic
23. mint
24. dill
25. salt
26. and black pepper together in a bowl until tzatziki sauce is just combined. Divide cooked couscous between 4 bowls. Top with cooked chicken
27. tzatziki sauce
28. broccoli
29. onion
30. cucumber
31. tomatoes
32. olives
33. parsley
34. and feta cheese. Serve immediately or store in airtight containers to reheat later.