

GREEK CHICKEN BOWL WITH RANCH TZATZIKI

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COOK TIME: 25mins

SERVES: 4

CALORIES: 462 kcal (PER SERVING)

INGREDIENTS

*CHICKEN + RICE

2 tbsp olive oil

1 tbsp unsalted butter

1 pound boneless skinless chicken,
cut into bit size pieces

4 garlic cloves, minced

1 tsp each: smoked paprika,
dried oregano, salt, black pepper, onion powder

2 tbsp lemon juice

½ cup/120 ml white wine or chicken broth

5 oz/150 g crumbled feta

crushed red pepper flakes, for serving

5 oz/150 g rice

*RANCH TZATZIKI

¼ English cucumber, seeds removed and grated

1 cup whole milk Greek yogurt

3 tbsp buttermilk

1 tbsp lemon juice

1 tsp each: dried dill, dried chives, garlic powder,
onion powder, salt, black pepper

DIRECTIONS

Make the ranch tzatziki by combining the ingredients together in a bowl. Stir and set aside.

Before you start cooking: mince the garlic. Remove veins and seeds from the bell pepper, cut into slices. Cook the rice according the package directions.

Heat butter and 1 tablespoon oil in a skillet over medium high. Add chicken and cook for 5 minutes, or until the chicken starts to brown. Stir in spices and add garlic, cook for 2 minutes. Remove from skillet onto a clean plate.

To the same skillet, add the remaining oil and bell pepper. Cook for about 5 minutes, or until the edges start to char. Deglaze with white wine, simmer for 2 minutes, while stirring and scraping up the brown bits on the bottom of the skillet with a wooden spoon.

Return chicken to the skillet, add lemon juice and allow to simmer for 3 minutes, or until the chicken is heated through. Finish off with crumbled feta and red pepper flakes.

To assemble, divide the rice between 4 bowls. Top each bowl with chicken and bell pepper. Divide the cucumber/tomato salad. Drizzle with the ranch tzatziki and serve with warm pita. Enjoy!

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