

Bite Spoon

Greek Chicken Bowls – Quick Meal Prep Delight

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, cut into bite-size pieces
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp dried oregano
- [ ] Juice of 1 lemon
- [ ] 1 cucumber, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] ½ red onion, thinly sliced
- [ ] ¼ cup Kalamata olives, pitted and sliced
- [ ] ½ cup feta cheese, crumbled

Lemon-Garlic Yogurt Sauce

- [ ] ¾ cup Greek yogurt
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] 1 tsp red wine vinegar
- [ ] 1 tbsp fresh dill, chopped
- [ ] Salt and pepper to taste

Instructions

1. In a bowl, combine chicken pieces with 1 tbsp olive oil, minced garlic, oregano, lemon juice, salt, and pepper; let sit while you prep the veggies.
2. Heat the remaining 1 tbsp oil in a large skillet over medium-high heat; add the chicken and sear 4-5 minutes per side until golden and cooked through.
3. While the chicken cooks, whisk together Greek yogurt, lemon juice, honey, vinegar, dill, salt, and pepper in a small bowl; set aside.
4. In a separate pan, quickly toss cucumber, tomatoes, red onion, and olives with a drizzle of olive oil for 2 minutes—just enough to warm them without losing crunch.
5. Assemble each bowl: a bed of veggies, a scoop of chicken, a generous drizzle of yogurt sauce, and a sprinkle of feta. Greek pasta salad makes a lovely side if you like extra carbs.

Nutrition per serving

420 kcal	38 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red-pepper flakes to the sauce.
- The sauce can be prepared up to 2 days ahead; keep it chilled.
- For a lower-fat version, use Greek yogurt with 0% fat and reduce the olive oil.