SHOPPING LIST

Greek Chicken Souvlaki Bowls with Tzatziki

Serves 4

For the chicken

- [ ] 700 g boneless chicken thighs, cut into large chunks
- [ ] 3 tbsp olive oil
- [ ] Juice and zest of 1 lemon
- [ ] 3 garlic cloves, crushed
- [ ] 2 tsp dried oregano
- [ ] 1 tsp smoked paprika
- [ ] 1 tsp salt

For the tzatziki

- [ ] 250 g Greek yoghurt
- [ ] ½ cucumber, grated and squeezed dry
- [ ] 1 garlic clove, grated
- [ ] 1 tbsp olive oil
- [ ] 1 tbsp chopped dill or mint
- [ ] Salt

For the bowls

- [ ] 300 g long-grain rice
- [ ] 4 tomatoes, diced
- [ ] 1 cucumber, diced
- [ ] ½ red onion, thinly sliced
- [ ] 100 g feta, crumbled
- [ ] A handful of olives
- [ ] Pita or flatbreads, to serve

Tick off what you already have at home.