FRESH & COOL

Greek Chicken Souvlaki Bowls with Tzatziki

PREP	COOK	SERVES
30 min	25 min	4

Lemony oregano chicken with rice, a crunchy tomato and cucumber salad, feta and homemade tzatziki.

Ingredients

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

Method

1. Mix the chicken with the oil, lemon juice and zest, garlic, oregano, paprika and salt. Marinate for at least 20 minutes, or up to 6 hours in the fridge.
2. Make the tzatziki: stir together the yoghurt, cucumber, garlic, oil, herbs and a pinch of salt. Chill until needed.
3. Heat the oven to 220°C. Spread the chicken on a lined tray, or thread it onto skewers, and roast for 20 to 25 minutes, turning once, until golden and charred at the edges.
4. Cook the rice according to the packet.
5. Toss the tomatoes, cucumber and red onion with a splash of olive oil and a pinch of salt.
6. Divide the rice between bowls. Top with chicken, the salad, feta and olives, and add a big spoon of tzatziki. Serve with warm pita.

Cook's tip

Squeeze the grated cucumber in a clean tea towel before mixing. It keeps the tzatziki thick instead of watery.