

## How to Make Mediterranean Chicken Bowls with Homemade Tzatziki

Mediterranean Chicken Tenderloin Bowls



**OVEN**  
**400°F**

**TIME**  
**20 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

For the Chicken:

- 1 lb boneless, skinless chicken tenderloins
- 1 tbsp olive oil
- 1 tsp Greek seasoning
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp black pepper

For the Roasted Vegetables:

- 1 red onion, cut into wedges
- 1 red bell pepper, chopped
- 1 cup cherry tomatoes, halved
- 1/2 tsp salt
- 1/4 tsp black pepper

For the Tzatziki Sauce:

- 1 cup Greek yogurt
- 1/4 cup cucumber, peeled & grated
- 2 garlic cloves, minced
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh mint, chopped
- 1 tbsp lemon juice

Optional Additions:

- Cooked couscous or quinoa as a base
- Crumbled feta or olives for extra saltiness
- Pita wedges or hummus for serving

Step-by-Step Instructions:

? Step 1: Marinate the Chicken:

? Step 2: Cook the Chicken:

? Step 3: Roast the Vegetables:

? Step 4: Make the Tzatziki:

? Step 5: Build Your Bowls:

Tips for Success:

Drain your cucumber well for a thicker tzatziki.

Squeeze out moisture with a paper towel.

Batch roast veggies for the week to save time.

Double the tzatziki-it's great as a dip or sandwich spread!

If using meal prep containers, keep tzatziki separate until serving to keep textures crisp.

## DIRECTIONS

1. ? Step 1: Marinate the Chicken: In a mixing bowl, whisk olive oil, Greek seasoning, garlic powder, salt, and pepper. Toss the chicken tenderloins to coat well. Marinate in the fridge for at least 20 minutes or up to 2 hours.
2. ? Step 2: Cook the Chicken: Heat a grill pan or skillet over medium-high heat. Sear chicken tenderloins for 6-8 minutes per side, until golden and cooked through (165°F internal temp). Rest, then slice.
3. ? Step 3: Roast the Vegetables: Preheat oven to 400°F. Toss onion, bell pepper, and tomatoes with olive oil, salt, and pepper. Roast for 20 minutes, until tender and lightly charred.
4. ? Step 4: Make the Tzatziki: In a bowl, combine Greek yogurt, grated cucumber, garlic, dill, mint, lemon juice, salt, and pepper. Stir well and refrigerate until ready to use.
5. ? Step 5: Build Your Bowls: Layer your base (like quinoa or couscous), add roasted veggies, sliced chicken, and a big dollop of tzatziki. Garnish with herbs, feta, or lemon wedges.
6. Tips for Success: Drain your cucumber well for a thicker tzatziki. Squeeze out moisture with a paper towel.
7. Batch roast veggies for the week to save time.
8. Double the tzatziki-it's great as a dip or sandwich spread!
9. If using meal prep containers, keep tzatziki separate until serving to keep textures crisp.

10. Serving Suggestions & Pairings: These bowls are amazing as-is but feel free to serve with:
11. Warm pita or naan
12. A crisp side salad with lemon vinaigrette
13. A glass of chilled white wine or herbal iced tea
14. And for dessert? Round things out with one of these treats:
15. Pumpkin : Spice Muffins
16. Neiman : Marcus Chocolate Chip Cookies
17. Pumpkin : Delight No-Bake Dessert
18. Storage & Meal Prep Tips: Refrigerator: Store components separately for up to 4 days.
19. Tzatziki: Keep sealed and chilled; best within 3 days.
20. Reheating: Gently reheat chicken and veggies in a skillet or microwave.
21. More Recipes You'll Love: Pumpkin Spice Muffins
22. Jolly : Rancher Edible Shot Glasses - a fun party treat!
23. Beer : Cheese Dip
24. Pumpkin : Delight Dessert
25. Copycat : Neiman Marcus Cookies

## TIPS FOR SUCCESS

Drain your cucumber well for a thicker tzatziki.

Squeeze out moisture with a paper towel.

Batch roast veggies for the week to save time.

Double the tzatziki -it's great as a dip or sandwich spread!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/how-to-make-mediterranean-chicken-bowls-with-homemade-tzatziki/>