

Zesty Lemon Herb Chicken Bowl: A Fresh & Flavorful Dinner

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15 min

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INGREDIENTS

- 1 lb boneless, skinless chicken breast, cubed
- 2 tbsp olive oil
- Juice and zest of 1 lemon
- 2 cloves garlic, minced
- 1 tbsp fresh parsley, chopped
- Salt and black pepper, to taste
- 1 cup uncooked white rice
- 2 cups water or chicken broth
- 1/2 tsp turmeric or a pinch of saffron for color
- 1 tbsp butter or olive oil
- 1 tbsp fresh herbs (parsley or dill), chopped
- Salt, to taste
- 1 cup plain Greek yogurt
- 1 clove garlic, grated
- 1 tbsp lemon juice
- 1 tbsp chopped parsley or dill

Swaps and Notes:

Chicken: You can use boneless, skinless chicken thighs for this recipe as well.

Rice: You can use any rice you like, but a long-grain white rice is best. You can also use couscous or quinoa for a different texture.

Yogurt Sauce: The Greek yogurt sauce is a must! It's cool, creamy, and tangy. You can also use tzatziki or garlic aioli for a different flavor.

Herbs: Fresh herbs are key here. Fresh parsley or dill will give you the best, most vibrant flavor.

Add-ins: Feel free to get creative! You could add some roasted chickpeas, cucumbers, or a handful of roasted vegetables for extra texture and flavor.

How to Make Zesty Lemon Herb Chicken Bowl:

Marinate the Chicken: In a medium bowl, combine the cubed chicken, olive oil, lemon juice, lemon zest, minced garlic, fresh parsley, salt, and black pepper. Stir to combine and let it marinate for at least 15 minutes.

Cook the Rice: In a medium pot, combine the white rice, water or chicken broth, and turmeric or saffron. Bring to a boil, then reduce the heat to a simmer, cover, and cook for 15-20 minutes, or until the liquid is absorbed. Stir in the butter or olive oil and fresh herbs.

Cook the Chicken: While the rice is cooking, heat a large skillet over medium-high heat. Add the marinated chicken and cook for 5-7 minutes, or until it's golden brown and cooked through.

Make the Yogurt Sauce: In a small bowl, combine the Greek yogurt, grated garlic, lemon juice, chopped parsley or dill, salt, and pepper.

Assemble and Serve: Spoon the golden rice into bowls. Top with the cooked chicken. Drizzle the yogurt sauce over the top and garnish with a sprinkle of fresh parsley. Serve with a slice of lemon on the side.

Tips for Success:

Marinate the Chicken: The longer you marinate the chicken, the more tender and flavorful it will be.

Don't Overcook the Rice: The rice should be tender but not mushy. Check it at the 15-minute mark to ensure it's not overcooked.

Fresh Herbs are Key: Using fresh herbs will give you a much brighter, more vibrant flavor than dried herbs.

Serving Suggestions and Pairings:

Storage and Leftover Tips:

More Recipes You Will Love:

DIRECTIONS

1. **Marinate the : Chicken:** In a medium bowl, combine the cubed chicken, olive oil, lemon juice, lemon zest, minced garlic, fresh parsley, salt, and black pepper. Stir to combine and let it marinate for at least 15 minutes.
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4. **Make the : Yogurt Sauce:** In a small bowl, combine the Greek yogurt, grated garlic, lemon juice, chopped parsley or dill, salt, and pepper.
5. **Assemble and : Serve:** Spoon the golden rice into bowls. Top with the cooked chicken. Drizzle the yogurt sauce over the top and garnish with a sprinkle of fresh parsley. Serve with a slice of lemon on the side.
6. **Tips for Success: Marinate the Chicken:** The longer you marinate the chicken, the more tender and flavorful it will be.
7. **Don't : Overcook the Rice:** The rice should be tender but not mushy. Check it at the 15-minute mark to ensure it's not overcooked.
8. **Fresh : Herbs are Key:** Using fresh herbs will give you a much brighter, more vibrant flavor than dried herbs.

9. **Serving Suggestions and Pairings:** This chicken bowl is a complete meal on its own, but it pairs wonderfully with a side of warm pita bread or a simple green salad. For other great crowd-pleasing meals, you could serve it with my Mexican Chicken and Rice Casserole or with my Chicken Enchiladas.
10. **Storage and Leftover Tips:** Leftovers are delicious! Store the chicken, rice, and yogurt sauce separately in airtight containers in the refrigerator for up to 3 days. To reheat, warm the chicken and rice in the microwave or on the stovetop. Add the yogurt sauce just before serving.
11. **More Recipes You Will Love:** If you're a fan of easy, delicious, and one-pan meals, you'll want to check out some of these other favorites:
12. For a great light salad, my : Light Tangy Chicken Salad is a fantastic choice.
13. For a true : Southern comfort food, my Cajun Chicken Sausage Gumbo is a must-try.
14. If you need to feed a crowd fast, these : Sheet Pan Quesadillas are a lifesaver.
15. **Final Thoughts:** This Zesty Lemon Herb Chicken Bowl is a recipe that proves a great meal doesn't have to be complicated. It's a simple, delicious, and deeply satisfying dish that is perfect for a family dinner. I hope it becomes a new favorite in your home.
16. If you make this dish, I'd love to hear about it! What's your favorite sauce to add to a chicken bowl? Let me know in the comments below.

SWAPS & NOTES

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You can also use couscous or quinoa for a different texture.

Yogurt Sauce: The Greek yogurt sauce is a must!

TIPS FOR SUCCESS

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