

The Ultimate Greek Chicken Power Bowl: Easy, Healthy, and Meal-Prep Friendly

Greek Chicken Power Bowl with Tzatziki, Chickpeas & Feta



TIME
10 min

TEMP
165°F

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Recipe Card

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INGREDIENTS

2 large chicken breasts
1 tbsp olive oil
1 tsp dried oregano
1 tsp garlic powder
1/2 tsp paprika
Salt & black pepper to taste
Juice of 1/2 lemon
1 cup cooked basmati or jasmine rice (quinoa works great too!)
1/2 cup canned chickpeas, rinsed and drained
1/2 English cucumber, sliced
1 cup cherry tomatoes, halved
1/2 red onion, thinly sliced
1/2 avocado, sliced
1/4 cup crumbled feta cheese
Fresh dill for garnish
1/2 cup Greek yogurt (plain, full-fat or 2% preferred)
1/4 cucumber, grated and squeezed dry
1 clove garlic, minced
1 tsp lemon juice
1 tbsp fresh dill or parsley
Salt and pepper to taste
Swaps and Notes:
The Grain: If you want to lower the carb count, swap the rice for cauliflower rice or extra greens.

For more fiber, try bulgur or farro.

The Protein: Not a chicken fan? This marinade works beautifully on shrimp or firm tofu.

Tzatziki Hack: The secret to good tzatziki is squeezing the water out of the grated cucumber using a paper towel or cheesecloth. This prevents your sauce from becoming watery.

Extra Brine: If you love salty flavors, I highly recommend adding a handful of Kalamata olives.

Step-by-Step Instructions:

Marinate the Chicken: In a bowl or zip-top bag, combine the chicken breasts with olive oil, oregano, garlic powder, paprika, lemon juice, salt, and pepper. Let it sit for at least 10 minutes (or up to 4 hours in the fridge).

Cook the Chicken: Heat a skillet over medium-high heat. Sear the chicken for 6-8 minutes per side, or until the internal temperature reaches 165°F. Let the chicken rest for 5 minutes before slicing into strips.

Prepare the Tzatziki: While the chicken cooks, grate your cucumber and squeeze out the excess moisture. Stir it into the Greek yogurt along with the minced garlic, lemon juice, and fresh herbs. Season with salt and pepper.

Assemble the Bowls: Divide your cooked rice between two bowls. Arrange the chickpeas, sliced cucumber, cherry tomatoes, red onion, and avocado in sections over the rice.

The Finishing Touch: Place the sliced chicken on top. Add a generous dollop of the homemade tzatziki and sprinkle with crumbled feta and fresh dill.

Tips for Success:

Don't Overcook: Chicken breast can dry out quickly. Using a meat thermometer ensures it stays juicy.

Rice Temperature: I actually prefer the rice to be slightly warm or room temperature, which contrasts beautifully with the cold tzatziki and crisp vegetables.

DIRECTIONS

1. **Marinate the : Chicken:** In a bowl or zip-top bag, combine the chicken breasts with olive oil, oregano, garlic powder, paprika, lemon juice, salt, and pepper. Let it sit for at least 10 minutes (or up to 4 hours in the fridge).
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5. **The : Finishing Touch:** Place the sliced chicken on top. Add a generous dollop of the homemade tzatziki and sprinkle with crumbled feta and fresh dill.
6. **Tips for Success: Don't Overcook:** Chicken breast can dry out quickly. Using a meat thermometer ensures it stays juicy.
7. **Rice : Temperature:** I actually prefer the rice to be slightly warm or room temperature, which contrasts beautifully with the cold tzatziki and crisp vegetables.
8. **Acid is : Key:** Don't skip the extra squeeze of lemon at the end; it brightens all the savory spices.
9. **Serving Suggestions and Pairings:** This bowl is a

complete meal on its own, but if you're feeding a larger crowd, it pairs perfectly with warm, toasted pita bread or a side of hummus.

10. If you're looking for other easy, crowd-pleasing meals, you might enjoy these sheet pan quesadillas or my go-to Mexican chicken and rice casserole.
11. Nutritional Information (Per Serving): Calories: ~520 kcal
12. Protein: 42g
13. Carbohydrates: 48g
14. Fat: 18g
15. Fiber: 9g
16. Storage and Leftover Tips: Store the components separately if possible. The chicken and rice will stay fresh in the fridge for up to 4 days. Keep the tzatziki in an airtight container for 2-3 days. I recommend slicing the avocado fresh right before eating to prevent browning.
17. More Recipes You Will Love: If you enjoyed this fresh, protein-packed meal, check out these other favorites from the blog:
18. A Light : Tangy Chicken Salad (No Mayo!)
19. The : Viral Cottage Cheese Pancake
20. No-Bake : Monster Cookie Energy Balls
21. Final Thoughts: This Greek Chicken Power Bowl is proof that healthy eating doesn't have to be boring or time-consuming. It's vibrant, filling, and incredibly customizable.
22. Did you make this recipe? I'd love to hear how it turned out! Leave a comment below or tag us on social media. Don't forget to follow ChefManiac for more easy, delicious recipes delivered right to your feed.

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