

## The Best Mediterranean Chicken Rice Bowls: A Healthy 30-Minute Meal

Mediterranean Chicken Rice Bowls



**TIME**  
**5 min**

**TEMP**  
**165°F**

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### INGREDIENTS

For the Base:

1 cup Jasmine or Basmati Rice: I prefer these for their aromatic quality and fluffy texture.

1/2 cup Cherry Tomatoes: Halved for a burst of sweetness.

1/2 Cucumber: Diced small for maximum crunch.

1/2 Avocado: Cubed to add a necessary creamy element.

For the Spiced Chicken:

2 Boneless Chicken Breasts: Cut into bite-sized cubes for quick cooking.

1 tbsp Olive Oil: To ensure a beautiful golden sear.

1 tsp Paprika: Adds color and a subtle earthiness.

1/2 tsp Garlic Powder: For that savory punch.

1/2 tsp Salt & 1/4 tsp Black Pepper: Essential seasoning.

1 tsp Dried Oregano: The hallmark herb of Mediterranean cooking.

Toppings and Extras:

1/4 cup Feta Cheese: Crumbled for a salty, tangy finish.

1/4 cup Pickled Red Onions: These provide a bright acidity that cuts through the richness.

1/2 cup Tzatziki Sauce: The cooling "glue" that brings the bowl together.

Fresh Parsley: Chopped for a garnish that adds a

pop of green.

## DIRECTIONS

1. Cook the : Rice: Rinse your rice under cold water until it runs clear. Cook according to package instructions until fluffy. Once done, let it sit with the lid on for 5 minutes before fluffing with a fork.
2. Season the : Chicken: In a medium bowl, toss your chicken cubes with olive oil, paprika, garlic powder, salt, pepper, and oregano. Ensure every piece is well-coated.
3. Sear to : Perfection: Heat a large skillet over medium-high heat. Add the chicken in a single layer. Grill or pan-sear for 6-8 minutes, turning occasionally, until the chicken is golden brown on the outside and cooked through (internal temperature of 165°F).
4. Assemble the : Bowls: Start with a generous base of rice. Top with a portion of the warm chicken. Arrange the cherry tomatoes, cucumber, avocado, and pickled red onions in sections around the chicken.
5. Finish and : Garnish: Dollop the tzatziki sauce in the center, sprinkle with crumbled feta and fresh parsley. Serve immediately while the chicken is still warm and the vegetables are crisp.

## SWAPS & NOTES

**The Protein:** If you aren't a fan of chicken, you can easily swap it for grilled halloumi or roasted chickpeas for a vegetarian version.

If you love chicken but want something cooler, check out this light and tangy chicken salad.

**The Grains:** While Jasmine rice is delicious, you can swap it for Quinoa or Brown Rice if you want an extra boost of fiber.

**The Veggies:** Don't be afraid to add roasted red peppers, Kalamata olives, or even a handful of baby spinach to the base.

## TIPS FOR SUCCESS

**Don't Overcrowd the Pan:** If you are doubling the recipe, cook the chicken in batches.

If the pan is too full, the chicken will steam instead of sear, and you'll miss out on that delicious golden crust.

**Acid is Key:** If you don't have pickled onions, a quick squeeze of fresh lemon juice over the entire bowl will provide that necessary brightness.

**Rice Flavor:** For extra flavor, cook your rice in chicken broth instead of water.

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

Original recipe: <https://chefmaniac.com/the-best-mediterranean-chicken-rice-bowls-a-healthy-30-minute-meal/>