

Easy Mediterranean Chicken Plate with Rice and Tzatziki

Grilled Chicken with Roasted Potatoes, Zucchini and Tzatziki Sauce



OVEN
400°F

TIME
15 min

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INGREDIENTS

For the Chicken:

- 4 boneless skinless chicken breasts, cubed
- 2 tablespoons olive oil
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- Salt to taste
- Black pepper to taste
- Juice of 1/2 lemon

For the Roasted Potatoes:

- 4 medium potatoes, cubed
- 1 tablespoon olive oil
- 1 teaspoon dried rosemary
- Salt and pepper to taste

For the Vegetables:

- 2 zucchinis, sliced
- 1 cup mushrooms, sliced
- 1 teaspoon dried oregano

For the Rice:

- 1 cup basmati rice
- 2 cups water
- Pinch of salt

For the Tzatziki Sauce:

1 cup Greek yogurt
1/2 cucumber, grated
2 tablespoons fresh dill
1 tablespoon lemon juice
1 garlic clove, minced
Garnish:
Fresh parsley
Lemon wedges

DIRECTIONS

1. Cook the Rice: In a pot, combine basmati rice, water, and a pinch of salt.
2. Bring to a boil, then cover and simmer for 12-15 minutes.
3. Fluff with a fork and set aside.
4. Make the Tzatziki Sauce: In a bowl, mix:
 5. Greek yogurt
 6. Grated cucumber
 7. Fresh dill
 8. Lemon juice
 9. Minced garlic
 10. 1 tablespoon olive oil
11. Season with salt and pepper.
12. Refrigerate until ready to serve.
13. Marinate the Chicken: In a bowl, combine:
 14. 2 tablespoons olive oil
 15. Paprika
 16. Garlic powder
 17. Onion powder
 18. Cumin
 19. Turmeric
 20. Salt and pepper
21. Toss the cubed chicken in the marinade and let sit for 10-15 minutes.
22. Roast the Potatoes: Preheat the oven to 400°F (200°C).
23. Toss cubed potatoes with olive oil, rosemary, garlic powder, salt, and pepper.

24. Spread them on a baking sheet and roast for 25-30 minutes until golden and crispy.
25. Sauté the Vegetables: Heat olive oil in a skillet over medium heat.

SWAPS & NOTES

This recipe can easily be adapted depending on your preferences or dietary needs.

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

Original recipe: <https://chefmaniac.com/easy-mediterranean-chicken-plate-with-rice-and-tzatziki/>