

Mediterranean Chicken Bowl

Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes



2 ½ serves per portion

Ingredients

1 zucchini, diced, 1cm
1 red capsicum, diced, 1cm
1 eggplant, diced, 1cm
3 tablespoons olive oil
300g chicken breast, diced, 1cm
2 cloves garlic, crushed
2 teaspoons ground cumin
2 teaspoons dried oregano
1 medium onion, diced
1 cup pearl couscous
½ cup feta, reduced fat
Tzatziki
½ cucumber, finely chopped
1 cup natural yoghurt, reduced fat
1 tablespoon lemon juice

Method

PREHEAT oven to 180°C.

ADD zucchini, capsicum and eggplant to large roasting pan and drizzle with a tablespoon of olive oil. Roast in oven for 20 minutes.

HEAT another tablespoon of oil over medium heat in a large frypan. Add chicken slices, half the garlic, cumin and oregano, stirring until chicken is cooked through. Remove from pan.

ADD remaining oil over medium heat in pan. Add onions and sauté for 2 minutes. Add in couscous and ½ cup of water. Reduce heat and cook for 5 minutes until water is absorbed. Use fork to fluff up couscous.

SQUEEZE juice from cucumber with hands.

ADD yoghurt, splash of oil, lemon juice and remaining garlic in small bowl and mix through cucumber.

LAYER couscous, vegetables and chicken in bowl. Drizzle tzatziki dressing and garnish with feta.



Everyday Food

Recipe courtesy of Lindsey Nash, Country Kitchens team