

Plate Dream

Greek Chicken Bowls – Easy Meal Prep Delight

15 min Prep time	**15 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**Greek** Cuisine

Ingredients

Main Ingredients

- [ ] 1.5 lb chicken breast, thinly sliced
- [ ] 1/4 cup extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1/2 tsp garlic powder
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and pepper to taste
- [ ] 1 cup cucumber, diced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/3 cup Kalamata olives, pitted and sliced
- [ ] 1/4 cup feta cheese, crumbled
- [ ] 2 tbsp fresh parsley, chopped

Instructions

1. In a bowl, whisk together olive oil, lemon juice, oregano, garlic powder, smoked paprika, salt, and pepper; add the chicken strips and toss to coat. Let it sit while you prep the veggies.
2. Heat a large skillet over medium-high heat. Add the marinated chicken and sear for about 4-5 minutes, turning once, until golden and cooked through. Remove and set aside.
3. In a large mixing bowl, combine cucumber, tomatoes, red onion, and olives. Drizzle with a touch of olive oil, a squeeze of lemon, and sprinkle with salt; toss gently.
4. Divide the vegetable mixture among four bowls, top each with the warm chicken, then scatter feta and fresh parsley over the top.
5. Serve immediately or let cool for a portable lunch. For extra zest, finish with a light drizzle of extra-virgin olive oil and a pinch of black pepper.

Nutrition per serving

420 kcal	38 g	12 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a warmer bowl, serve the chicken hot and the veggies at room temperature.
- Add a handful of toasted pine nuts for extra crunch.
- A splash of red wine vinegar can brighten the dressing just before serving.