

Mediterranean Chicken Bowl

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes



2 ½ serves per portion

Ingredients

1 zucchini, diced, 1cm
1 red capsicum, diced, 1cm
1 eggplant, diced, 1cm
3 tablespoons olive oil
2 teaspoons dried oregano
500g chicken breast, diced
1 garlic clove, crushed
2 teaspoons ground cumin
1 medium onion, diced
1 cup pearl couscous
½ cup feta, reduced fat

Tzatziki (optional):

½ cucumber, grated
1 cup natural yoghurt, reduced fat
1 teaspoon olive oil
1 tablespoon lemon juice
1 garlic clove, crushed

Method

PREHEAT oven to 180°C.

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

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

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

ADD couscous, vegetables and chicken to a large bowl and toss. Garnish with feta and a drizzle of tzatziki (optional).

Tzatziki:

SQUEEZE juice from grated cucumber with hands.

ADD cucumber, yoghurt, oil, lemon juice and garlic to a small bowl and mix well.



Everyday Food

Recipe courtesy of the Country Kitchens team

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