

## 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  
2 tablespoons olive oil  
2 teaspoons dried oregano  
1 teaspoon chicken stock powder  
1 cup pearl couscous  
1 medium onion, diced  
500g chicken breast, diced  
1 garlic clove, crushed  
2 teaspoons ground cumin  
100g 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.

BRING 1.5 cups of water to boil in saucepan. Add the stock powder and pearl couscous and simmer for 10 minutes. Stir regularly towards the end to prevent sticking. Rinse couscous and add to large bowl.

HEAT another tablespoon of oil over medium heat in a large frypan. Sauté onion for 2 minutes. Add chicken, garlic and cumin, stirring until chicken is cooked through.

COMBINE the chicken and roast vegetables with the couscous in a large bowl. 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*

QLD COUNTRY WOMEN'S ASSOCIATION  
**COUNTRY**  
*Kitchens*  
Recipe for good health



**health+**  
**wellbeing**  
Queensland



[qcwacountrykitchens.com.au](http://qcwacountrykitchens.com.au)