



Tidepool Tzatziki Bowls

Servings: 4

Prep Time: ~20 minutes

Cook Time: ~20 minutes

Ingredients

For the chicken:

- 1 lb boneless, skinless chicken breasts (or thighs)
- 2 tbsp olive oil
- Juice of 1 lemon
- 3 cloves garlic, minced
- 1 tsp dried oregano
- ½ tsp paprika
- Salt and pepper to taste

For the bowls:

- 2 cups cooked rice or quinoa
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- ½ cup red onion, thinly sliced
- ½ cup Kalamata olives
- ½ cup crumbled feta cheese
- Fresh parsley for garnish

For the tzatziki sauce:

- 2 cups cooked rice or quinoa
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, diced
- ½ cup red onion, thinly sliced
- ½ cup Kalamata olives
- ½ cup crumbled feta cheese
- Fresh parsley for garnish

Instructions

1. Marinate Chicken: Combine olive oil, lemon juice, garlic, oregano, paprika, salt, and pepper. Coat chicken and marinate for at least 30 minutes.
2. Cook Chicken: Grill or pan-sear chicken over medium heat for 6–8 minutes per side until fully cooked. Slice into strips.
3. Make Tzatziki: Mix yogurt, grated cucumber, garlic, olive oil, lemon juice, dill, salt, and pepper in a bowl. Chill until ready to serve.
4. Assemble Bowls: Divide rice or quinoa among bowls. Top with chicken, tomatoes, cucumber, onion, olives, and feta.
5. Finish: Drizzle with tzatziki and garnish with parsley.