

Treasure Barrel

# Greek Chicken Bowls – Easy Meal Prep Delight

| | | |
|---|---|---|
| **15 min**<br>Prep time | **20 min**<br>Cook time | **35 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Greek**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb chicken breast, cut into bite-size strips
- [ ] 4 cups mixed greens (romaine, spinach)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cucumber, diced
- [ ] ½ cup Kalamata olives, pitted and sliced
- [ ] ½ cup feta cheese, crumbled
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp dried oregano
- [ ] Juice of 1 lemon
- [ ] 1 tsp honey (optional)
- [ ] Salt and pepper to taste

## Instructions

1. In a bowl, whisk olive oil, oregano, lemon juice, honey, salt, and pepper; toss the chicken strips and let them marinate for 10-15 minutes.
2. Heat a skillet over medium-high heat; add the chicken and sear until golden and cooked through, about 5-6 minutes per side. Transfer to a plate and let rest.
3. While the chicken rests, assemble the greens, tomatoes, cucumber, and olives in four large bowls.
4. Slice the rested chicken, place on top of the veggies, sprinkle with feta, and finish with a final squeeze of lemon.
5. Optional: drizzle a tiny bit more olive oil or a dash of chicken shawarma sauce for extra zest.

### Nutrition per serving

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

**Tips & notes**

- Let the chicken rest before slicing; this keeps it juicy.
- If you prefer extra crunch, add toasted pine nuts right before serving.
- A pinch of smoked paprika in the marinade adds a subtle warmth.