

Chicken Gyro Bowls



Link to original recipe:

<https://reciperunner.com/chicken-gyro-bowls/>

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Chicken Marinade

- 1/4 cup plain Greek yogurt, low fat or full fat are best
- 2 tablespoons fresh lemon juice
- 2 cloves of garlic, grated
- 2 tablespoon chopped flat leaf parsley
- 1 tablespoon olive oil
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- Salt and freshly ground black pepper to taste
- 1 1/4 pounds boneless skinless chicken breasts, cut into bite sized pieces

Tzatziki sauce

- 1 cup shredded cucumber, you can also dice the cucumber
- 1 1/2 cups plain Greek yogurt, non-fat, 2%, or whole
- 2 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon grated garlic, 1 teaspoon if you like it extra garlicky
- Salt and freshly ground black pepper to taste

Other Ingredients

- 1 cup quartered cherry tomatoes
- 1 cup diced cucumber
- 1/4 cup diced red onion
- 1/3 cup kalamata olives
- 1/2 cup crumbled feta cheese
- 2 cups cooked brown rice

Instructions

1. Combine all the ingredients for the chicken marinade in a bowl and stir together until combined. Add in the cubed chicken and let it marinate for 30 minutes.
2. While the chicken marinates make the tzatziki sauce. Stir together all of the ingredients and taste for seasoning. Refrigerate until ready to serve.
3. In a large skillet over medium-high heat add enough olive oil to coat the bottom of the pan. Add in the chicken and spread it into a single layer. Let it brown for 3-4 minutes before flipping it over. Continue to cook another 4-5 minutes or until it's cooked through.
4. To assemble the bowls, fill the bowl with rice and then top it with some of the chicken, cucumbers, red onion, tomatoes, kalamata olives, crumbled feta, and tzatziki sauce.