

Mediterranean Chicken Bowls

Per Portion
300-350 Calories
25-30g Protein
25-30g Carbs
7-9g Fat



Ingredients

- 300g chicken breasts, cut into 1 1/2-inch pieces
 - 1 tbsp oil
 - 1 tsp dried oregano
 - Salt and pepper
- 300g cherry tomatoes
- 1 medium onion, roughly chopped
 - 150g couscous
- 1 tsp grated lemon zest plus 1 tbsp lemon juice
 - 2 tbsp dill
- Crumbled Greek cheese, for serving

Method

- 1.** In a large bowl, toss the chicken with oil, dried oregano, and ½ tsp each of salt and pepper.
- 2.** Add the cherry tomatoes and onion and toss to combine.
- 3.** Arrange the chicken and vegetables in an even layer in the air fryer basket. Air-fry at 200°C, shaking the basket occasionally, until the chicken is golden brown and cooked through, for 15 minutes.
- 4.** Meanwhile, toss the couscous with lemon zest. Add 190ml of boiling water, cover, and let it sit for 5 minutes. Fluff the couscous with a fork, then fold in the lemon juice.
- 5.** Serve the chicken and vegetables over the couscous, spooning any collected juices from the bottom of the air fryer over the top. Sprinkle with the crumbled Greek cheese.

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*