

Foodnity Recipes

Mediterranean Chicken Bowl

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Mediterranean** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, sliced into strips
- [ ] 2 cups mixed greens (baby spinach, arugula)
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cucumber, diced
- [ ] ½ cup Kalamata olives, pitted and sliced
- [ ] ¼ cup red onion, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil

For the Vinaigrette

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 tsp dried oregano
- [ ] ½ tsp sea salt
- [ ] ¼ tsp black pepper

Instructions

1. Pat the chicken dry, then toss with 2 tbsp olive oil, salt, pepper, and a pinch of dried oregano.
2. Heat a skillet over medium-high heat; add the chicken and sear 4-5 minutes per side until golden and cooked through. Remove and let rest.
3. While the chicken rests, whisk together the vinaigrette ingredients until emulsified.
4. In a large bowl combine greens, tomatoes, cucumber, red onion, and olives; drizzle with half the vinaigrette and toss gently.
5. Slice the rested chicken, arrange over the salad, and finish with the remaining dressing. Sprinkle fresh parsley if desired.

Nutrition per serving

420 kcal	38 g	20 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a smoky flavor, grill the chicken instead of pan-searing.
- Taste the vinaigrette before adding; adjust lemon or salt to your preference.
- For a heartier bowl, add cooked quinoa or farro.