

Greek Chicken and Salad Meal Prep



Serves 4 Prep 20 mins

Cooking 25 mins

Easy

Ingredients

4 chicken thighs, skinless, boneless
Greek style yoghurt
2 lemons, zest and juice
3 garlic cloves, crushed (optional)
15g fresh oregano, leaves picked
150g cherry tomatoes, quartered
200g feta, crumbled
115g drained black olives
1 cucumber
15g parsley, roughly chopped

1. In a bowl, mix the chicken thighs, 150g Greek style yoghurt, lemon zest & juice, 2 garlic cloves, most of the oregano (reserving some for the salad), & seasoning.
2. Preheat the oven to 180 °C fan.
3. Place the marinated chicken thighs, on a baking tray. Roast or air fry for 40mins, or until cooked through & golden.
4. While the chicken is cooking, prepare the salad & tzatziki. For the salad, in a large bowl mix the cherry tomatoes, feta & black olives. Slice & chop 1/2 the cucumber & add it to the salad. Gently toss to combine.
5. To make the tzatziki, grate the remaining half of the cucumber. Squeeze out any excess liquid, then mix with the remaining Greek style yoghurt, lemon juice & zest from the remaining lemon & half the chopped parsley. Season with salt and pepper.
6. Slice the cooked chicken thighs. Divide the salad among 4 airtight containers, top with the sliced chicken, and serve with a dollop of tzatziki and a sprinkle of the remaining parsley, to garnish.