GREEK · LUNCH · DINNER

Greek Chicken Farro Meal-Prep Bowls

100 min · Serves 4 · 525 kcal a serve · Video 3:29 · MOMables - Laura Fuentes

Nut-free

Lean chicken breast, wholegrain farro and yoghurt give about 39 g of protein per bowl, and the farro and vegetables add nearly 10 g of fibre. Olive oil and olives supply mostly unsaturated fat.

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Ingredients 23 · SERVES 4

- [ ] 180 g **farro**, cooked in 710 ml water
- [ ] ½ tsp **salt** for the farro
- [ ] 450 g **boneless skinless chicken breasts** (2 large)
- [ ] 3 tbsp **olive oil** for the marinade (the leftover marinade is discarded; about 1 tbsp clings)
- [ ] **Lemon juice**: zest of 1 lemon and 2 tbsp lemon juice
- [ ] 2 **garlic** cloves, grated
- [ ] 1 tsp **dried oregano**
- [ ] ½ tsp **kosher salt** (marinade)
- [ ] ¼ tsp **black pepper**
- [ ] 1 tbsp **olive oil** for the pan
- [ ] 300 g **cherry tomatoes**, halved
- [ ] 260 g chopped **cucumber**
- [ ] 140 g **pitted kalamata olives**, sliced
- [ ] ½ **red onion**, sliced
- [ ] 75 g crumbled **feta**
- [ ] 250 g **plain yoghurt**, for the tzatziki
- [ ] 1 **cucumber**, grated and squeezed, for the tzatziki
- [ ] 1 **garlic** clove, for the tzatziki
- [ ] ½ tsp **salt**, for the tzatziki
- [ ] ½ tsp **lemon juice**, for the tzatziki
- [ ] ¼ tsp **dried dill**, for the tzatziki
- [ ] **lemon wedges**, to serve
- [ ] **fresh dill and parsley**, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the chicken in a zip bag with 3 tbsp olive oil, the lemon zest and juice, garlic, oregano, salt and pepper. Marinate for about an hour, or overnight in the fridge. 0:38
2. Put the farro, 710 ml water and the salt in a pot, cover and bring to the boil. Lower to medium-low and simmer about 30 minutes until soft but chewy, then drain off any extra water. 0:08
3. Heat a skillet over medium-high heat with 1 tbsp olive oil. Lift the chicken out of the marinade (discard the rest) and sear 5–7 minutes without moving it, then flip and cook until it reaches 74°C inside. Rest, then slice across the grain. 1:04
4. For the tzatziki, grate and squeeze the cucumber, then stir it into the yoghurt with the garlic, salt, lemon juice and dried dill.
5. Fill bowls or containers with farro, then chicken, tomatoes, cucumber, olives, red onion and feta. Pack the tzatziki in a small separate pot and finish with dill, parsley and a squeeze of lemon. 2:16

> **Tip** Keeps up to 3 days in the fridge with the tzatziki and feta packed separately; eat cold like a salad or warm the farro and chicken. Olives and feta are salty, so go easy on extra salt. Brown rice or quinoa can replace the farro.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
525 kcal 2,200 kJ	39 g 79% of a day	47 g 37 g net · 8.9 g sugars 17% of a day

FIBRE	FAT	SODIUM
9.8 g 35% of a day	21 g 6.5 g saturated 27% of a day	1,400 mg 61% of a day

Energy from net carbs 30% · protein 32% · fat 38%

High in (20%+ of a day) Selenium 64% · Vitamin B6 53% · Vitamin B12 35% · Zinc 33% · Magnesium 28% · Iron 26% · Vitamin K 26% · Vitamin C 24% · Vitamin E 22% · Calcium 21%

Source of (10–19%) Potassium 19% · Folate 15% · Omega-3 13% · Vitamin A 10%

⚠ One serve has about 61% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: MOMables - Laura Fuentes (@MOMables) on YouTube — youtube.com/watch?v=Th1D14Ud-1M, published 8 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/greek-chicken-farro-meal-prep-bowls