



Greek Chicken Bowls

Recipe created by **Serena Caner** for **Shuswap Food Action Society**.

Yield: 50 servings

Serving Size: use 10 oz bowl

Ingredients

- 7.5 kg whole chickens (~17 cups shredded)
- 250 ml chicken stock
- 30 ml oregano
- 20 ml garlic powder
- 20 ml salt
- Juice of 1 lemon
- 5 kg basmati rice (~25 cups)

Salad (25 cups)

- 3 long-english cukes, diced
- 6 peppers, mixed colours
- 10 tomatoes, diced
- 300 ml olives
- 400g feta cheese (~2 cups)
- 2- 540 ml cans chickpeas, drained

Dressing

- 200 ml olive oil
- 100 ml red wine vinegar
- 2 cloves garlic, minced
- 15 ml dijon mustard
- 15 ml honey
- 15 ml oregano
- 30 ml red onion, diced

Tzatziki Sauce

- 1.75 kg yogurt (~7.5 cups)
- Juice of 2 lemons
- 1/3 cup olive oil
- 15 ml salt
- 30 ml oregano
- 15 mL garlic powder

Method

Step 1

Combine chicken, stock, oregano, garlic powder, lemon and salt in an Instant pressure cooker and cook at 7 min/lb. Allow natural release. Pull off bone and shred/dice into bite-sized pieces. (Can also roast chicken in the oven or use chicken breasts/thighs).

Step 2

Cook rice according to instructions on bag (typically 1.5 cups water to 1 cup raw rice).

Step 3

For salad, chop all veggies in small dice and mix with olives, chickpeas and feta.

Step 4

For dressing, mix ingredients together in a jar or small bowl. Blend together with an immersion blender. Pour on salad.

Step 5

Mix all tzatziki ingredients together and let it sit for at least 30 minutes. Each bowl has 250 ml cooked rice, topped with ~90 ml chicken, 125 ml salad and 30 ml tzatziki. For a vegetarian option, serve bowl with falafels instead of chicken.



- Cook chicken until internal temperature reaches 82°C for whole chicken or 74° C for chicken pieces for a minimum of 15 sec.
- Cooling: Cool from 74° C to 20° C in 2 hours AND from 20° C to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.