

# Molly's Instant Pot Greek Chicken Bowls with Tomato Cucumber Salad

## **For The Chicken:**

- 1/4 cup olive oil
- 1/2 cup water or chicken broth
- 1oz red wine vinegar
- 3 garlic cloves, minced (I always just use 3 of the frozen garlic cubes from the store)
- 1/2 tsp each of oregano, garlic powder, onion powder
- 1/4 tsp each of paprika, turmeric, thyme
- 2 tsp salt
- 1/2 tsp pepper
- 1.5-2lbs of chicken tenderloins or breasts (I use frozen chicken tenderloins)
- 1/2 yellow onion, diced (optional)

## **For The Greek Salad:**

- 1 pint cherry tomatoes (I like the multi-colored ones), diced
- 1/2 red onion, diced
- 4 small cucumbers, diced
- 1/4 cup olive oil
- juice of 1 lemon
- 1 tsp salt
- 1/2 tsp pepper
- 1 clove garlic (or 1/4 teaspoon garlic powder)
- 1/4 teaspoon of oregano

## **Accompaniments:**

- Hummus
- Tzatziki
- Feta Cheese (optional)
- Jasmine Rice (about 4 cups or 2 of the 8.5 oz microwave "ready rice" pouches)
- Naan or Pita bread

For the chicken, whisk all liquid ingredients and seasonings in a bowl or measuring cup, set aside. Place chicken (and onion, if using) in the instant pot and pour the liquid mixture over top. Close the lid and set it to "seal." Cook on the manual setting for 13 minutes (if using thawed chicken breasts, cook for 8 minutes). Allow the steam to naturally release for 10-15 minutes, shred the chicken in the pot and transfer to your desired container.

For the Greek salad, whisk all liquid ingredients and seasonings together in a bowl. Place the chopped vegetables in a container and pour the dressing mixture over top and give it a stir and transfer to your desired container. Note: I use my veggie chopper on the larger setting to chop all the vegetables, which makes it super easy.

For serving, we typically add rice to a bowl and top with chicken, Greek salad and desired toppings (hummus, feta, tzatziki, etc.) It's always nice to serve pita or naan bread on the side! The great thing about this meal is it can easily be made dairy free or gluten free and since each component is packaged separately, each member of the family can make their bowl to their preference.