ZA'ATAR CHAR-GRILLED CHICKEN RICE BOWL

Char-grilled za'atar seasoned chicken layered over cilantro rice, Mediterranean olive mixture, and grilled zucchini. Topped with Greek yogurt, fresh dill, crispy chickpeas, and lemon wedges.

INGREDIENTS

- [ ] 1 piece Mountaire® Black Label Chicken Chop™, Fresh, Boneless, Skin-on (47417)

SEASONING

- [ ] 1 tbsp extra virgin olive oil
- [ ] 1 tbsp za'atar seasoning
- [ ] ½ tsp kosher salt

CILANTRO RICE

- [ ] 1 ½ cups rice, cooked, heated
- [ ] 1 tbsp cilantro with stems, chopped

OLIVE MIXTURE

- [ ] ½ cup olives, pitted, mixed, roughly chopped
- [ ] ¼ oz red onion, thinly shaved
- [ ] 1 oz feta cheese crumbles
- [ ] ½ oz cucumber, thinly sliced
- [ ] ½ oz bell pepper, julienne

- [ ] 3 pieces zucchini, thinly sliced and 2" long
- [ ] 2 tbsp Greek yogurt
- [ ] Fresh dill, as needed
- [ ] 2–3 lemon wedges

NOTES



PREPARATION

Yield: 1 serving

1. Season and grill chicken: Coat boneless chicken leg in extra virgin olive oil and season with za'atar seasoning on both sides and grill on medium-high, until chicken reaches an internal temperature of 165°F. Let rest 3–5 minutes, then slice.
2. Cook rice: Heat rice and stir in chopped cilantro.
3. Create olive mixture: In a mixing bowl, combine olives, onions, feta, cucumbers, and bell peppers.
4. Grill the zucchini slices until marked and tender.
5. To assemble: Plate cilantro rice in bowl, layer olive mixture, and add grilled zucchini pieces. Top with sliced boneless chicken leg and a dollop of Greek yogurt. Garnish with fresh dill, crispy chickpeas, and lemon wedges to serve.

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