

Dump-And-Bake Chicken Tzatziki with Rice

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Servings: 4

Ingredients

- 1 lb. boneless skinless chicken breast or boneless skinless chicken thighs, diced into bite-size pieces
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 tablespoon chopped fresh parsley (or 1/2 teaspoon dried parsley flakes)
- 1 teaspoon chopped fresh oregano (or 1/2 teaspoon dried oregano)
- 1 teaspoon chopped fresh thyme (or 1/4 teaspoon dried thyme)
- 1 teaspoon smoked paprika
- 3/4 teaspoon seasoned salt (such as Lawry's brand)
- 1/2 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon turmeric
- 1/8 teaspoon cayenne pepper
- 1 cup uncooked long grain white rice
- 1 medium zucchini, coarsely grated (about 1 1/2 cups grated)
- 2 cups chicken broth
- For serving: tzatziki sauce, pita bread, chopped fresh herbs such as fresh dill, basil, parsley, or chives, and fresh lemon



Steps

1. Grease a 9 x 13-inch baking dish or spray with nonstick cooking spray.
2. In the prepared dish, toss chicken with lemon juice, olive oil, parsley, oregano, thyme, smoked paprika, seasoned salt, cumin, onion powder, garlic powder, black pepper, turmeric, and cayenne. Let the chicken sit and marinate in the herbs and spices at room temperature for 30 minutes while you preheat the oven. Preheat the oven to 375°F (190°F).
3. Add the uncooked rice, zucchini, and chicken broth to the pan with the chicken. Stir to combine.
4. Cover tightly and bake for 40 minutes, or until most of the liquid is absorbed and the rice is tender. If the rice is still crunchy after 40 minutes, cover the dish and return the pan to the oven for 5-10 minutes, or until it's done. Use a fork to stir and fluff the rice. Taste and season with additional salt and pepper, if desired. Serve the chicken and rice topped with tzatziki, fresh herbs, and lemon.