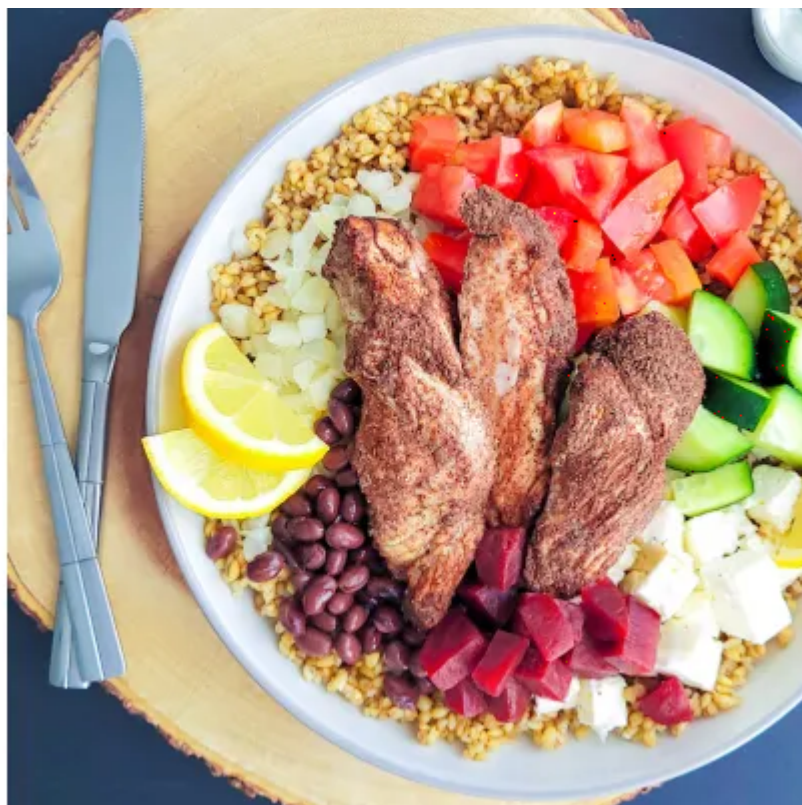


Poulet Rouge Style Bowl



If you are a fan of Poulet Rouge's restaurant and a lover of Lebanese chicken, this recipe is for you! Simple to make, you get a tasty, colourful, complete and nutritious dish. Bon appétit!

Preparation 20 min

Cooking 25 min

Servings 4

Nutrition Facts (per serving)

Calories 400

Fat 5

Carbohydrates 48

Fibre 8

Protein 39

Sodium 300

Ingredients

Shish Taouk Spice Mix:

- 10 mL (2 teaspoons) ground allspice
- 5 mL (1 teaspoon) dried oregano
- 1 mL (¼ teaspoon) ground cumin
- 1 mL (¼ teaspoon) ground paprika

- 1 mL (¼ teaspoon) garlic powder
- Pepper, to taste
- 400 g chicken breast, boneless, raw, cut into strips

Tzatziki sauce *:

- 185 ml (¾ cup) plain Greek yogurt 0% m.f.
- 125 mL (½ cup) cucumber, chopped
- 15 mL (1 tablespoon) lime juice
- 2.5 mL (½ teaspoon) garlic powder
- Pepper and salt, to taste

For the bowl

- 750 mL (3 cups) bulgur, cooked
- 250 mL (1 cup) canned beets, drained, cut into small cubes
- 250 mL (1 cup) cucumber, diced
- 85 mL (¾ cup) light feta cheese (20% M.F. and less)
- 125 mL (½ cup) canned black beans, rinsed and drained
- ¼ red onion, chopped
- 1 medium red tomato, diced
- 1 lemon, cut into quarters

Note: you can also use 250 ml (1 cup) of a commercial Greek yogurt-based Tzatziki sauce, such as [PC Traditional Tzatziki Yogurt Dip](#)

Preparation

1. Preheat the oven to 400°F (205°C).
2. In a large bowl, combine the Shish Taouk spice mix ingredients. Add the chicken and coat well.
3. Place chicken breasts on a non-stick baking sheet lined with parchment paper and bake for 20 to 25 minutes or until cooked through.
4. Meanwhile, in a medium bowl, combine ingredients for the tzatziki sauce. Set aside to cool.
5. Divide remaining ingredients among 4 large serving bowls, except for the lemon.
6. Top bowls with cooked chicken breasts, add sauce and serve with lemon wedges.

Notes

Can be kept for 5 days in the refrigerator (sauce separate). Cooked chicken and bulgur can be stored in the freezer for up to 3 months. Sauce and other ingredients do not freeze.



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