

# Chicken with Tzatziki



**bn** HEALTHY

Tender seasoned chicken breasts with Tzatziki sauce is a delicious, easy and protein packed meal.

**PREP:** 5 mins

**TOTAL:** 15 mins

**SERVINGS:** 6

## YOU'LL NEED

- BN Pure Pro
- Cutting Board
- Knife
- Grater
- Paper Towel
- Bowl
- Spatula
- Medium-Sized Pan
- Measuring Cups & Spoon




## NOTES


If you are in the soft food stage—Slow-cook the chicken or shred it into fine pieces.

Stays fresh in the fridge for up to 4 days. For best results, store the tzatziki and cooked chicken separately.

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## INGREDIENTS:

1 scoop BN Pure Pro  
170g chicken breast  
1 ½ cup cucumber  
1 cup nonfat Greek yoghurt  
1 tsp minced garlic  
1 tsp olive oil  
Salt, pepper and herbs

## METHOD:

1. Grate the cucumber (no need to peel).
2. Place the grated cucumber over a paper towel. Squeeze out all the moisture and water that you can.
3. Transfer the cucumber to a bowl and add Greek yoghurt, BN Pure Pro, minced garlic, olive oil, sea salt, pepper and herbs. Mix until combined well.
4. Cut the chicken into small pieces and add it into a medium-sized pan over medium heat—Cook for about 10 minutes or until fully cooked.
5. Serve the cooked chicken with your tzatziki. Optional to add some cherry tomatoes and parsley.

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