

Greek Chicken (Sous Vide)

November 30th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Table Salt

6 Ounces Greek Yogurt

1 Teaspoon Fresh Dill

1/8 Red Onion, cut into thin slices

1/4 Lemon, cut into thin slices

Directions:

Salt the Chicken Breasts.

Place the Chicken into a Sous Vide bag, in a single layer.

Mix the Yogurt and Dill.

Add the Yogurt mix to the bag.

Add the Red Onion slices and the Lemon slices.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

Remove the bag from the Sous Vide.

Serve each Chicken Breast with Feta Cheese over a bed of Couscous.