

Freezer Meal :: Greek Chicken & Veggies

Freezer Meal Assembly

Make marinade by whisking together the following ingredients in a small dish:

1/4 C extra-virgin olive oil
1/4 C red wine vinegar
1 tsp kosher salt
1 tsp oregano
1/2 tsp each: onion powder, garlic powder, dried basil,
ground pepper, & dried lemon peel
1 Tbsp honey

Combine in a gallon freezer bag:

2 chicken breasts
1/2 of the marinade

In a separate freezer bag combine:

1/2 sweet onion cut into 1" pieces
1 bell pepper, cut into 1" pieces
1/2 tsp salt, oregano, basil, garlic powder, and dried lemon peel
Place the vegetable bag in the bag with the chicken and freeze.

Repeat for second dinner.

Cooking Directions

Remove freezer meal from freezer. Separate the chicken and vegetable bags.

Add the chicken and marinade to the Instant Pot. Add 1/4 cup of water and cook on high pressure for 10 minutes if thawed or partially thawed, and 15 minutes if frozen. Quick release the pressure when the timer goes off.

Add the vegetables to the chicken and cook again on high pressure for 2 minutes. Quick release the pressure when the timer goes off. Check the temperature of the chicken to make sure it is cooked (160°).

Serve with one of the bags of frozen brown rice.

Extra items needed for meal

1 bag of frozen brown rice
optional: side Greek salad