Prep time: 20 minutes
Cook time: 30–35 minutes
Resting time: 5 minutes
Total time: 1 hour
Intensity: Easy (one dish, no special techniques)

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Ingredients

For the chicken:

- 1½ lbs (680 g) boneless, skinless chicken breasts (or thighs), cut into 1-inch cubes
- 2 tbsp olive oil

- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp ground cumin
- ½ tsp smoked paprika
- 1 tsp fine sea salt
- ¼ tsp freshly cracked black pepper
- Zest and juice of 1 lemon

For the vegetables:

- 2 medium zucchini (about 1 lb / 450 g), sliced into ¼-inch half-moons
- 1 pint (10 oz / 280 g) cherry tomatoes, halved
- 1 small red onion, thinly sliced

- ½ cup Kalamata olives, pitted and halved
- 2 tbsp olive oil
- ½ tsp dried oregano
- Salt and pepper, to taste

For the topping:

- 4 oz (115 g) feta cheese, crumbled
- ¼ cup chopped fresh parsley
- 1 tbsp fresh dill, chopped (optional)
- Lemon wedges, for serving

Equipment

- Large rimmed sheet pan (18×13-inch) or 9×13-inch baking dish

- Large mixing bowl
- Chef’s knife and cutting board
- Microplane or zester
- Aluminum foil (optional)

Instructions

Step 1 — Preheat and prep (5 minutes | Intensity: Low)

Preheat the oven to 425°F (220°C) with a rack in the center position. Line the sheet pan with parchment paper or lightly grease a baking dish — this makes cleanup effortless and prevents sticking. Pat the chicken cubes dry with paper towels so the marinade clings and the meat browns rather than steams. Cut the zucchini into even ¼-inch slices — thicker slices stay firm, thinner ones turn to mush.

Step 2 — Marinate the chicken (10 minutes | Intensity: Low)

In the large bowl, whisk together the olive oil, garlic, oregano, basil, cumin, smoked paprika, salt, pepper, lemon zest, and half the lemon juice. Add the chicken cubes and toss until fully coated. Let sit at room temperature 10 minutes (or refrigerate up to 4 hours). Don’t skip the zest — it carries far more flavor than juice alone.

Step 3 — Toss the vegetables (3 minutes | Intensity: Low)

In a separate bowl (or directly on the sheet pan), toss the zucchini, cherry tomatoes, red onion, and olives with the olive oil, oregano, salt, and pepper. Spread the vegetables in a single layer on the sheet pan, leaving a little space around each piece — crowded vegetables release steam and turn soggy.

Step 4 — Add the chicken (2 minutes | Intensity: Low)

Nestle the marinated chicken among the vegetables in a single layer, spacing pieces apart. Pour any remaining marinade over the top. Keep everything in one even layer — if your pan is too small, use two pans. Overcrowding is the most common cause of a watery bake.

Step 5 — Bake (25–30 minutes | Intensity: Medium — check at intervals)

Bake on the center rack at 425°F (220°C) for 25–30 minutes, until the chicken reaches an internal temperature of 165°F (74°C) and the zucchini is tender with lightly browned edges. Check at 22 minutes — ovens vary, and lean chicken breast dries out quickly if overcooked. If the vegetables are browning too fast, tent loosely with foil for the last 10 minutes.

Step 6 — Add the feta and rest (5 minutes | Intensity: Low)

Remove from the oven and scatter the crumbled feta over the top. Return to the oven for 3–4 minutes just until the feta softens and warms through — don’t let it melt completely. Let the bake rest 5 minutes so the juices redistribute. Squeeze the remaining lemon juice over the top.

Step 7 — Finish and serve (2 minutes | Intensity: Low)

Scatter the chopped parsley and dill over the bake. Serve directly from the pan with lemon wedges alongside. Spoon the pan juices over each portion — they’re packed with flavor.

Chef’s Notes & Troubleshooting

- Watery bake? Zucchini releases a lot of moisture. Don’t overcrowd the pan, slice evenly, and consider salting the zucchini slices for 10 minutes and patting dry before baking for an even crisper result.
- Chicken dry? Pull it at exactly 165°F and let it rest. Thighs are more forgiving if you’re worried about overcooking.
- Vegetables undercooked? Cut them uniformly and give them a 5-minute head start in the oven before adding the chicken.
- Too salty? Olives and feta are both salty — reduce the added salt to ½ tsp and taste before serving.
- Make it dairy-free: Omit the feta or use a dairy-free alternative; add extra olives and a drizzle of tahini for richness.
- Meal prep: Portion into containers and refrigerate up to 4 days. Reheat at 350°F for 10 minutes or in the microwave.
- Add carbs: Toss in 1 cup of cooked orzo or chickpeas before baking (add 5 minutes to the bake time).

Nutrition (per serving — 1 of 4, as written)

Nutrient	Amount
Calories	~440 kcal
Protein	42 g
Total Fat	26 g
— Saturated Fat	7 g
Carbohydrates	10 g
— Fiber	3 g
— Sugars	6 g
Net Carbs	7 g
Cholesterol	130 mg
Sodium	~880 mg