

Prep Time	20 minutes
Cook Time	40–45 minutes
Total Time	60–65 minutes
Oven Intensity	400°F (200°C / Gas Mark 6), fan-assisted 180°C
Stovetop Intensity	Medium-high for searing (approx. 7/10 heat)
Skill Level	Easy
Servings	4
Yield	One 9×13-inch (23×33 cm) baking dish

Table of Contents



- [Ingredients](#)
- [Equipment](#)
- [Instructions](#)
 - [Step 1: Preheat and Prepare \(5 minutes | Oven Intensity: 400°F / 200°C\)](#)
 - [Step 2: Marinate the Chicken \(10 minutes | Intensity: Low, hands-on\)](#)
 - [Step 3: Toss the Vegetables \(5 minutes | Intensity: Low\)](#)
 - [Step 4: Assemble the Bake \(3 minutes | Intensity: Low\)](#)
 - [Step 5: Bake Covered \(20 minutes | Oven Intensity: 400°F / 200°C\)](#)
 - [Step 6: Bake Uncovered \(15–20 minutes | Oven Intensity: 400°F / 200°C, high browning\)](#)
 - [Step 7: Finish and Rest \(5 minutes | Intensity: Off heat\)](#)
 - [Step 8: Serve](#)
- [Timing Summary](#)
- [Nutrition Information \(Per Serving\)](#)

Ingredients

For the Chicken

- 1½ lbs (680 g) boneless, skinless chicken thighs (or breasts), cut into 1-inch pieces
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp smoked paprika
- ½ tsp ground cumin
- ½ tsp salt
- ¼ tsp black pepper
- 3 garlic cloves, minced

For the Vegetables

- 2 medium zucchini (about 1 lb / 450 g), sliced into ¼-inch half-moons
- 1 medium red onion, thinly sliced

- 1 pint (300 g) cherry or grape tomatoes, halved
- 1 red bell pepper, cut into 1-inch strips
- ½ cup (75 g) Kalamata olives, pitted
- 2 tbsp olive oil (for vegetables)
- ½ tsp salt
- ¼ tsp black pepper

For the Topping

- 4 oz (115 g) feta cheese, crumbled
- 2 tbsp fresh lemon juice (about 1 lemon)
- 1 tsp lemon zest
- 1 tbsp fresh parsley, chopped (or dill)
- 1 tsp dried oregano (to finish)

Equipment

- 9×13-inch baking dish or large oven-safe skillet
- Large mixing bowl
- Chef's knife and cutting board
- Measuring spoons and cups
- Aluminum foil (optional)
- Meat thermometer (recommended)

Instructions

Step 1: Preheat and Prepare (5 minutes | Oven Intensity: 400°F / 200°C)

Position a rack in the center of the oven and preheat to 400°F (200°C). Lightly grease a 9×13-inch baking dish with olive oil. If using a fan-assisted oven, reduce to 180°C and check for doneness 5 minutes early.

Step 2: Marinate the Chicken (10 minutes | Intensity: Low, hands-on)

In a large bowl, toss the chicken pieces with 2 tbsp olive oil, oregano, smoked paprika, cumin, salt, pepper, and minced garlic. Massage the spices into the chicken and let sit at room temperature for 10 minutes while you prep the vegetables. *This brief rest seasons the meat and takes the chill off, promoting even cooking.*

Step 3: Toss the Vegetables (5 minutes | Intensity: Low)

In a separate bowl (or directly in the baking dish), combine the zucchini, red onion, cherry tomatoes, bell pepper, and olives. Drizzle with 2 tbsp olive oil, season with $\frac{1}{2}$ tsp salt and $\frac{1}{4}$ tsp pepper, and toss until evenly coated.

Step 4: Assemble the Bake (3 minutes | Intensity: Low)

Spread half the vegetable mixture in an even layer across the bottom of the baking dish. Scatter the marinated chicken over the vegetables in a single layer. Top with the remaining vegetables, distributing them evenly. Do not stir—layering allows the chicken to stay juicy while the vegetables roast and caramelize.

Step 5: Bake Covered (20 minutes | Oven Intensity: 400°F / 200°C)

Cover the dish tightly with foil and bake for 20 minutes. The covered phase traps steam, ensuring the zucchini softens and the chicken cooks through without drying out. *Internal temperature should reach 165°F (74°C) by the end of baking.*

Step 6: Bake Uncovered (15-20 minutes | Oven Intensity: 400°F / 200°C, high browning)

Remove the foil and continue baking for 15-20 minutes, until the vegetables are tender and lightly caramelized at the edges and the chicken is cooked through. If the top is browning too

quickly, tent loosely with foil. *Check chicken with a thermometer: 165°F (74°C) in the thickest piece.*

Step 7: Finish and Rest (5 minutes | Intensity: Off heat)

Remove from the oven. Immediately sprinkle the crumbled feta over the top, then drizzle with fresh lemon juice and scatter lemon zest and parsley. Let rest for 5 minutes before serving—this allows the juices to redistribute and the feta to soften slightly.

Step 8: Serve

Spoon into shallow bowls, ensuring each portion gets chicken, vegetables, and pan juices. Serve with warm pita, couscous, or a simple green salad.

Timing Summary

Phase	Time	Intensity
Preheat oven	10–15 min	400°F / 200°C
Marinate chicken	10 min	Low
Prep vegetables	10 min	Low
Assemble	3 min	Low
Covered bake	20 min	400°F / 200°C
Uncovered bake	15–20 min	400°F / 200°C
Rest	5 min	Off heat
Total	~60–65 min	—

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and will vary with brands and exact quantities.

Nutrient	Amount
Calories	~410 kcal
Protein	32 g
Total Fat	27 g
— Saturated Fat	8 g
Carbohydrates	12 g
— Fiber	3 g
— Sugars	6 g
Sodium	~780 mg
Cholesterol	145 mg