Chicken Breast with Zucchini: Mediterranean One-Pan Dinner

Searing the meat separately ensures a golden crust without steaming vegetables



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	30 min	40 min	6 servings	245 kcal

Ingredients

- 450 g boneless, skinless chicken breast, sliced into 2 cm strips
- 400 g zucchini, sliced into 1 cm rounds
- 150 g onion, finely diced
- 3 cloves garlic, minced
- 50 ml extra virgin olive oil
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 3 g salt, to taste
- 1 g black pepper, to taste
- 50 g grated Parmesan cheese, optional
- 30 g breadcrumbs, optional
- 100 ml apple juice
- 10 g fresh parsley, chopped for garnish

Instructions

1. Prepare the oven: Preheat your oven to 200°C (400°F). Season the chicken strips with salt, pepper, paprika and oregano. This ensures the spices penetrate the meat during the searing process.
2. Sear the chicken: Heat the olive oil in a large skillet over medium-high heat. Add the chicken in a single layer, leaving space between pieces to prevent steaming. Sear for 4 minutes per side until golden brown, then remove the meat and set it aside.

3. Sauté the aromatics: Add the diced onion to the same pan and sauté for 2 minutes until translucent. Stir in the minced garlic and cook for another 30 seconds. Using the same pan keeps the chicken flavour in the base.
4. Cook the zucchini: Add the sliced zucchini to the skillet and toss to coat in the oil. Cook for 5 minutes. You want the zucchini to soften while still maintaining a slight bite to avoid mushiness.
5. Deglaze and simmer: Pour in the apple juice and scrape the browned bits from the bottom of the pan. Let the mixture simmer for 10 minutes. This allows the flavours to meld and the zucchini to release its colour.
6. Bake the dish: Return the chicken to the pan and spoon the sauce over the top. Sprinkle with Parmesan and breadcrumbs. Transfer the skillet to the oven for 7 minutes until the cheese melts and the chicken reaches an internal temperature of 74°C (165°F).
7. Garnish and serve: Remove the skillet from the oven. Sprinkle with chopped parsley for freshness. Serve the dish immediately over rice or a fresh salad.

Notes

What to serve with itServe this dish over steamed white or brown rice to create a filling meal. You can also pair it with a crisp green salad dressed in lemon vinaigrette for a lighter side. Garnish the plate with extra Parmesan shavings and a drizzle of olive oil for a professional presentation.

Storing and reheatingLet the leftovers cool for no more than two hours, then wrap them tightly and refrigerate for up to 3 days. You can also place the chicken and zucchini in airtight containers or freezer bags for up to 3 months. Thaw these overnight in the fridge before reheating.

Getting the texture rightSear the chicken in a single layer with space between pieces to avoid overcrowding. This prevents the meat from steaming and ensures an even golden crust. Use a digital thermometer to hit 74°C (165°F) exactly. This keeps the breast juicy while ensuring the meat is safe.

Making it aheadPrepare the chicken and zucchini separately and store them in the fridge. When you are ready to eat, combine them in the skillet and transfer to the oven at 200°C (400°F) for 7 minutes. This method ensures the breadcrumbs stay crisp and the cheese melts properly.