

EASY MEAL PREP RECIPE

Mediterranean Chicken Zucchini Bake

A cleaner, easier meal-prep version of the original recipe with simple steps, portioning notes, and reheating instructions.

About 4 portions | 15 min prep | 25 to 30 min bake | 400°F oven



What You Need

- 1.5 lb boneless, skinless chicken breasts, cut into bite-size pieces
- 3 medium zucchinis, sliced into rounds
- 2 tbsp olive oil
- Juice of 1 lemon
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp salt
- 1/2 tsp black pepper
- 3/4 cup shredded mozzarella
- 1/4 cup grated Parmesan
- 2 tbsp chopped parsley for the finish

Gear + Quick Plan

- 9x13 baking dish
- Large mixing bowl
- Knife and cutting board
- Meal prep containers

Portion guide: This should make about 4 meal-prep portions. If you want larger high-protein servings, plan on 3 containers instead.

The original source did not clearly publish a serving yield, so the portion count above is an estimate based on the ingredient amounts.

Easy Step-by-Step

- 1 Heat the oven to 400°F.
- 2 Add the chicken and zucchini to a large bowl.
- 3 Pour in the olive oil and lemon juice.
- 4 Add the garlic, oregano, basil, salt, and black pepper.
- 5 Toss everything well so the chicken and zucchini are evenly coated.
- 6 Spread the mixture into a 9x13 baking dish.
- 7 Sprinkle the mozzarella and Parmesan over the top.
- 8 Bake uncovered for 25 to 30 minutes, until the chicken reaches 165°F and the cheese is lightly golden.
- 9 Let it rest for 5 minutes, then top with chopped parsley.
- 10 Divide into meal prep containers and cool before sealing.

Prep Ahead

- Cut the chicken and slice the zucchini up to 1 day ahead.
- You can toss the chicken and zucchini with the oil, lemon, garlic, and seasonings up to 24 hours ahead.
- If assembling early, wait to add the cheese until right before baking.

After Baking

- Store in the fridge for 3 to 4 days.
- Microwave single portions for 1 to 2 minutes until hot.
- For a better texture, reheat covered in the oven at 350°F for 15 to 20 minutes.
- Broil 1 to 2 minutes at the end if you want the cheese refreshed.

Helpful Notes

- Cut the chicken evenly so it cooks at the same speed.
- If the zucchini seems watery, lightly salt it and pat it dry before mixing.
- Do not overcrowd the dish or the zucchini will steam more than roast.
- This pairs well with rice, quinoa, roasted potatoes, or just by itself for a lower-carb prep.

Source adapted from saucedelights.com. Recipe page checked 09/05/2026.