MEDITERRANEAN · DINNER

Sheet-Pan Chicken and Veggies with Garlic and Oregano

30 min · Serves 5 · 287 kcal a serve · Video 6:35 · The Mediterranean Dish

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

Each serve has about 35 g of protein from lean chicken breast plus four kinds of vegetables, more than a day's vitamin C from the red pepper and broccolini, and only olive oil as added fat.

Diet notes: Low carb (9.1 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (2 g, 6% of the energy); DASH-friendly (490 mg sodium a serve).

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Ingredients 15 · SERVES 5

- [ ] 2 medium **zucchini** (about 310 g), halved lengthwise and sliced into half-moons
- [ ] 1 large **red pepper**, cored and cut into chunks
- [ ] 1 **red onion**, cut into chunks
- [ ] 260 g **baby broccoli** (broccolini), trimmed and cut into even pieces
- [ ] 680 g **boneless skinless chicken breast**, cut into bite-size pieces
- [ ] 5 **garlic** cloves, minced
- [ ] **Salt**: a good pinch of kosher salt, to taste
- [ ] a pinch of **black pepper**
- [ ] 2 tsp **dried oregano**
- [ ] 1 tsp **paprika**
- [ ] 1 tsp **ground coriander**
- [ ] 1 **lemon**, zested and juiced
- [ ] 1 tsp **white vinegar**
- [ ] extra **virgin olive oil**, a generous drizzle (about 2 tbsp)
- [ ] a little **olive oil** to grease the sheet pan (about 1 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C. Cut the zucchini into half-moons, the pepper and red onion into chunks and the broccolini into even pieces, and put them in a large bowl. 1:03
2. Cut the chicken into bite-size pieces so it cooks quickly without drying out, and add it to the vegetables. 2:35
3. Add the garlic, oregano, paprika, ground coriander, salt and pepper, the lemon zest and juice, the vinegar and a generous drizzle of olive oil. Toss well, using your hands if easier. 3:05
4. Lightly oil a large sheet pan and spread everything in a single layer so it all touches the pan and roasts evenly. 4:56
5. Roast for 20–25 minutes until the chicken is cooked through and the vegetables are tender and lightly charred. 5:23

> **Tip** Serves 5 (her written recipe). The video description says 1.4 kg chicken, but the video and her written recipe use 680 g. Thighs work too. Keeps 3–4 days in the fridge; serve over rice, quinoa or farro.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
287 kcal 1,200 kJ	35 g 70% of a day	13 g 9.1 g net · 5.7 g sugars 5% of a day

FIBRE	FAT	SODIUM
3.8 g 14% of a day	11 g 2 g saturated 14% of a day	490 mg 21% of a day

Energy from net carbs 13% · protein 51% · fat 36% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 127% · Vitamin B6 59% · Selenium 55% · Vitamin K 53% · Folate 20%

Source of (10–19%) Vitamin E 17% · Potassium 16% · Magnesium 15% · Zinc 15% · Iron 14% · Vitamin B12 14% · Vitamin A 11% · Omega-3 10%

Recipe and video: The Mediterranean Dish (@TheMediterraneanDish) on YouTube — youtube.com/watch?v=f4nEgnszy0A, published 15 March 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/mediterranean-sheet-pan-chicken-veggies