

Grilled Chicken Breast with Spinach

Turkish-style chicken with spinach combines tender grilled chicken breast with aromatic spiced spinach and creamy yogurt. Ready in 30 minutes.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Ingredients

- 3 tbsp olive oil
- 2 onion
- 4 clove garlic
- 1 capia pepper
- 1.6 oz fresh root ginger
- 1.1 lb spinach
- 1.1 lb chicken meat
- 1 tbsp mustard
- 1 tbsp cilantro (coriander)
- 0.7 lb strained yogurt

Instructions

- 1 Prepare the chicken**

Place 1.1 lb chicken breasts between plastic wrap or parchment paper and pound to ½-inch even thickness using a meat mallet or rolling pin. Season both sides generously with salt and pepper.
- 2** Preheat grill or grill pan to medium-high heat (400°F/200°C). Brush chicken breasts with 1 tablespoon olive oil on both sides.
- 3** Grill chicken for 5-7 minutes per side until internal temperature reaches 165°F/74°C and distinct grill marks appear. Transfer to a cutting board and let rest for 5 minutes, then slice into ½-inch strips.
- 4 Prepare the spinach**

Heat remaining 2 tablespoons olive oil in a large skillet over medium heat. Add 2 diced onions and cook for 3-

4 minutes until softened and translucent.

- 5 Add 4 minced garlic cloves and 1.6 oz grated ginger to the pan. Cook for 1 minute until fragrant.
- 6 Stir in 1 tablespoon ground coriander and 1 tablespoon mustard powder. Cook for 30 seconds until aromatic and well combined.
- 7 Add 0.7 lb fresh spinach to the pan in batches, stirring constantly until completely wilted, about 2-3 minutes total. Season with salt and pepper to taste.
- 8 **Finish and serve**

Remove spinach from heat and stir in yogurt until evenly distributed throughout the mixture. Taste and adjust seasoning with additional salt and pepper if needed.
- 9 Divide spinach mixture among 4 plates and top with sliced grilled chicken. Serve immediately while hot.

Tips

Pound chicken breasts to uniform ½-inch thickness using a meat tenderizer for even cooking and shorter grill time.

Marinate the chicken for 30 minutes to 2 hours in olive oil, lemon juice, salt, and pepper for maximum flavor and moisture retention.

Preheat your grill or grill pan to medium-high heat (400°F/200°C) before adding chicken to ensure proper searing and prevent sticking.

Use a meat thermometer to check doneness - chicken is safe to eat at 165°F/74°C internal temperature measured at the thickest part.

Let chicken rest for 5 minutes after grilling before slicing to allow juices to redistribute throughout the meat.

Squeeze fresh lemon juice over the cooked spinach to brighten flavors and reduce any bitter notes from the greens.

Add yogurt to the spinach mixture off the heat to prevent it from curdling or separating from high temperatures.

Pat fresh spinach completely dry after washing to prevent excess moisture from making the final dish watery.