

Ispanaklı Tavuk

Traditional Turkish spinach chicken recipe with grilled chicken breast served over creamy spinach and yogurt. Ready in 30 minutes, healthy and delicious.

10	20	30	4	Medium
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Ispanaklı Tavuk

Malzemeler

- 3 tbsp olive oil
- 2 onion
- 4 clove garlic
- 1 capia pepper
- 50 g fresh root ginger
- 500 g spinach
- 500 g chicken meat
- 1 tbsp mustard
- 1 tbsp cilantro (coriander)
- 300 g strained yogurt

Yapılış

- Prepare the vegetables**

Dice 2 onions and mince 4 garlic cloves. Set aside.
- Cook the chicken**

Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Cut 500g chicken into bite-sized pieces and season with salt and pepper. Cook chicken pieces for 6-8 minutes, stirring occasionally, until golden brown and cooked through (internal temperature reaches 74°C/165°F).
- Transfer cooked chicken to a plate and set aside. Keep the skillet with any remaining oil and browned bits.
- Build the base**

Add remaining 1 tablespoon olive oil to the same skillet over medium heat. Add diced onions and cook for 4-5 minutes until soft and translucent, stirring occasionally.
- Add minced garlic and cook for 30 seconds until fragrant, stirring constantly to prevent burning.
- Add 50g butter to the skillet and let it melt completely. Stir in 1 tablespoon flour and cook for 1-2 minutes, stirring constantly, to create a light roux.

7 Add the spinach

Add 500g fresh spinach to the skillet in batches, stirring each batch until wilted before adding more, about 2-3 minutes total.

8 Return cooked chicken to the skillet and stir gently to combine with the spinach mixture.

9 Finish and serve

Cook for 2-3 minutes more until heated through. Season with salt and pepper to taste. Serve immediately while hot.

?puçlar?

Use boneless, skinless chicken breasts for even cooking and tender results. If using chicken thighs, cook for a few extra minutes until internal temperature reaches 165°F (74°C).

Pound the chicken to an even thickness using a meat tenderizer to ensure uniform cooking and prevent dry spots.

Marinate the chicken for at least 30 minutes in olive oil, lemon juice, salt, pepper, and herbs, but don't exceed 5 hours as acidic marinades can toughen the meat.

Preheat your grill or grill pan to medium-high heat before cooking to create beautiful grill marks and prevent sticking.

Don't flip the chicken too frequently - let it cook until grill marks form (about 5-7 minutes per side) for the best texture and flavor.

Add fresh lemon juice to the spinach to reduce any bitterness and enhance the overall flavor profile.

Let the chicken rest for 5-10 minutes after cooking before slicing to retain moisture and ensure juicy results.

If you don't have fresh ginger, substitute with 1/2 teaspoon ground ginger, but add it with the other dried spices for best results.