

Chicken with Spinach and Sweet Potatoes

This vibrant dish features tender chicken breast sautéed with fresh spinach and roasted sweet potatoes, creating a delightful balance of flavors and nutrients. Perfect for a wholesome meal that's both satisfying and healthy.



35 min

Total time

easy

Difficulty

450

kcal / serving

Nutrition per serving (estimated)

Protein 38 g



Carbs 40 g



Fat 14 g



Fiber 7 g · Sugar 9 g · Sodium 520 mg

Ingredients

- 1 chicken breast (about 150g)
- 1 cup fresh spinach
- 1 medium sweet potato
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 teaspoon paprika
- 1 tablespoon lemon juice

Substitutions

Chicken breast – Boneless, skinless chicken thigh; allow a little extra cooking time if the pieces are thicker.

Fresh spinach – An equal volume of chopped fresh kale, adding a little more time for it to soften.

Lemon juice – An equal amount of lime juice for a similarly bright finish.

Steps

- 1 Preheat your oven to 400°F (200°C).
- 2 Peel and cube the sweet potato, then toss with olive oil, salt, pepper, and paprika. Spread on a baking sheet and roast for 25 minutes or until tender.
- 3 In a skillet, heat a tablespoon of olive oil over medium heat. Add minced garlic and sauté for 30 seconds.
- 4 Add the chicken breast, seasoning with salt, pepper, and paprika. Cook for about 5–6 minutes on each side or until fully cooked through.
- 5 Once the chicken is cooked, add the fresh spinach to the skillet and cook until wilted, about 2–3 minutes.
- 6 Drizzle with lemon juice and stir to combine.
- 7 Serve the chicken with roasted sweet potatoes on the side.

Chef's tips

- Cut the sweet potato into evenly sized cubes so they soften at roughly the same pace.
- Avoid crowding the roasting pan; crowded cubes tend to soften and steam rather than develop browned edges.
- Let the chicken rest briefly before serving so its juices settle, and use a roomy skillet to keep the spinach from piling up.

Drink pairing

A dry rosé

Its crisp acidity complements the lemon and spinach, while its light fruit works well with sweet potato and chicken.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot.

Frequently asked questions

How can I tell when the chicken is done?

The thickest part should be opaque throughout, with no pink center, and the meat should feel firm but still springy.

Can I prepare any of this ahead?

You can cube the sweet potato and mince the garlic ahead; keep them covered in the refrigerator and cook the dish within a day for best texture.

Can I cook the sweet potatoes and chicken at the same time?

Yes. Roast the sweet potatoes while you cook the chicken and spinach in the skillet, then serve them together while both are hot.