Main dishes / Italy

chicken breast and sweet potato skillet · Italy

A savoury Italy-inspired Studio variation with sweet potato, chicken breast and a fragrant finish.

Time 35 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 180 ml low-salt vegetable stock
- ☐ 2 g dried oregano
- ☐ salt and pepper to taste
- ☐ 30 ml neutral cooking oil
- ☐ 500 g sweet potato
- ☐ 15 ml extra virgin olive oil
- ☐ 10 g fresh basil

Let's make it.

01 Clean the sweet potato and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the sweet potato and cook for a few minutes.

03 Add the stock, cover and simmer for 15 minutes until the vegetables are tender.

04 Cook the chicken breast in a separate frying pan until the centre reaches at least 74°C.

05 Combine the cooked main ingredient with the vegetables. Stir in the extra virgin olive oil, dried oregano, fresh basil and taste before serving. Serve straight away.

AI-developed, not kitchen-tested.

Recipe & provenance DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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