

Chicken Spinach Wrap

Learn to make this elegant chicken spinach wrap with tender vegetables. A healthy, protein-packed main dish perfect for dinner or meal prep.

30 min

PREP

35 min

COOK

1h 5min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

Chicken Spinach Wrap

Ingredients

- 2 chicken meat
- 0.5 bunch spinach
- 1 potato
- 1 carrot
- 2 tbsp olive oil
- 1 tsp black pepper
- 1 tsp salt

Instructions

- 1 Prepare the chicken**

Place 2 chicken breasts between plastic wrap and pound to ¼-inch thickness using a meat mallet or rolling pin. Season both sides evenly with 1 teaspoon salt and 1 teaspoon black pepper.
- 2 Cook the vegetables**

Bring a large pot of salted water to boil. Add 1 potato and 1 carrot and cook until fork-tender, 15-20 minutes.
- 3** Add ½ bunch spinach to the same boiling water and cook for 2 minutes until wilted. Drain spinach in a fine-mesh strainer and squeeze firmly with your hands to remove excess water.
- 4** Drain potato and carrot, then peel while still warm. Mash together with 2 tablespoons olive oil until smooth and season with salt and pepper to taste.
- 5 Assemble the wraps**

Lay one flattened chicken breast on work surface and spread half the squeezed spinach evenly over surface, leaving a 1-inch border on all sides. Spread half the mashed vegetable mixture over the spinach in an even layer.
- 6** Starting from the narrow end, roll chicken tightly while tucking in the sides to enclose filling completely. Repeat with second chicken breast and remaining filling.
- 7** Wrap each roll individually in a double layer of plastic wrap, twisting the ends tightly to seal and maintain the shape.
- 8 Cook the wraps**

Bring a large pot of water to boil and carefully add the wrapped chicken rolls. Reduce heat to maintain a gentle boil and cook for 30 minutes.

- 9 Remove rolls from water using tongs and let rest for 10 minutes to cool slightly. Carefully unwrap and slice into ½-inch thick rounds with a sharp knife, wiping blade clean between cuts.

Tips

Pound chicken breasts between plastic wrap to an even ¼-inch thickness for uniform cooking and easier rolling.

Squeeze blanched spinach in a clean kitchen towel to remove excess moisture that could make the filling soggy.

Season the mashed potato-carrot mixture while still warm for better flavor absorption throughout the filling.

Use double layers of plastic wrap and twist the ends tightly like a candy wrapper to prevent unwrapping during cooking.

Test doneness with an instant-read thermometer - the internal temperature should reach 165°F (74°C) in the thickest part.

Let the cooked rolls rest for 10 minutes before unwrapping to help them hold their shape when sliced.

Use a sharp knife and clean it between cuts to maintain clean, professional-looking slices.