

Moroccan-Spiced Chicken with Creamy Sweet Potato Mash

Aromatic ras el hanout chicken paired with velvety sweet potato mash creates a blood sugar-friendly comfort meal that's both satisfying and nourishing.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 4

GL 32.5 / GI 40

Ingredients

Low GI (44-61), rich in fiber and resistant starch sweet potatoes, peeled and cubed

Zero glycemic impact, anti-inflammatory properties ras el hanout spice blend

Pure protein, helps stabilize blood sugar skinless, boneless chicken breasts

Healthy fats slow glucose absorption extra virgin olive oil

Low GI, contains chromium for blood sugar regulation yellow onion, thinly sliced

May improve insulin sensitivity garlic clove, crushed

Choose unsweetened varieties low-sodium chicken stock

Use sparingly; GI 55-58, can reduce to 1 tsp raw honey

Acidic foods lower glycemic response fresh lemon juice

Healthy fats, zero glycemic impact green olives, pitted

Fresh herbs add flavor without affecting blood sugar fresh coriander leaves, chopped

Instructions

Step 1

Place the cubed sweet potatoes in a large pot and cover with cold salted water. Bring to a boil over high heat, then reduce to medium-high and cook for 15 minutes until the potatoes are fork-tender and easily pierced.

Step 2

While the potatoes cook, combine the ras el hanout with a pinch of sea salt and freshly ground black pepper in a small bowl. Pat the chicken breasts dry with paper towels, then rub the spice mixture evenly over all sides of each breast.

Step 3

Heat 1 tablespoon of olive oil in a large frying pan or skillet over medium-high heat. Once shimmering, add the spiced chicken breasts and sear for 3 minutes on each side until golden brown and aromatic. The chicken won't be fully cooked yet. Transfer the chicken to a plate and set aside.

Step 4

In the same pan, add the sliced onion and cook for 5 minutes, stirring occasionally, until softened and translucent. Add the crushed garlic and cook for another 30 seconds until fragrant. Pour in the chicken stock, honey, and lemon juice, stirring to combine and scraping up any browned bits from the bottom of the pan.

Step 5

Return the seared chicken breasts to the pan along with any accumulated juices. Add the green olives, then reduce heat to medium-low. Simmer uncovered for 10 minutes, turning the chicken once halfway through, until the sauce reduces to a syrupy consistency and the chicken reaches an internal temperature of 165°F (74°C).

Step 6

Drain the cooked sweet potatoes thoroughly and return them to the pot. Add the remaining 1 tablespoon of olive oil and mash until smooth and creamy. Season with salt and pepper to taste. For an even creamier texture, you can add a splash of the cooking water if needed.

Step 7

Remove the chicken from the pan and let rest for 2 minutes, then slice each breast thickly on the diagonal. Stir the chopped coriander through the warm sauce in the pan.

Step 8

To serve, divide the sweet potato mash among four plates. Top each portion with sliced chicken, then spoon the olive and coriander sauce generously over the top. For optimal blood sugar control, consider serving with a side of steamed greens or a crisp salad, and eat the vegetables first before the main dish.