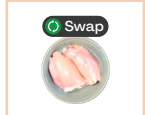




# One-Pan Chicken and Orzo

with Pesto and Baby Tomatoes

Family Friendly 25 Minutes



Chicken Thighs\*  
280 g | 560 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit [hellofresh.ca](http://hellofresh.ca)



- Chicken Breasts\*  
2 | 4
- Orzo  
170 g | 340 g
- Yellow Onion  
1 | 2
- Baby Tomatoes  
113 g | 227 g
- Parmesan Cheese, shredded  
¼ cup | ½ cup
- Basil Pesto  
¼ cup | ½ cup
- Chicken Broth Concentrate  
1 | 2
- Garlic Salt  
1 tsp | 2 tsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

**Pantry items** | Salt, pepper, oil, unsalted butter

**Cooking utensils** | Measuring cups, measuring spoons, medium non-stick pan, paper towels

1



### Prep and cook chicken

- Before starting, wash and dry all produce.

[Swap](#) | [Chicken Thighs](#)

- Heat a medium non-stick pan (large pan for 4 ppl) over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Cut into 1-inch pieces. Season with **half the garlic salt** and **pepper**.
- When the pan is hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear, tossing occasionally, until golden-brown and cooked through, 4-6 min.\*\*
- Remove from heat, then transfer **chicken** to a plate. Cover to keep warm.

2



### Prep

- Meanwhile, on a separate cutting board, peel, then cut **onion** into  $\frac{1}{2}$ -inch pieces.
- Halve **tomatoes**.

3



### Cook onions

- Reheat the same pan (from step 1) over medium-high.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then **onions**. Cook, stirring often, until tender, 3-4 min.

4



### Cook orzo

- Add **3 cups** (5 cups) **warm water, broth concentrate, orzo** and **remaining garlic salt** to the pan with **onions**. Bring to a boil.
- Once boiling, add **tomatoes**. Stir to combine.
- Cook, stirring occasionally, until **orzo** is tender and most of the **water** is absorbed, 14-17 min. (**TIP**: Reduce heat to medium if broth is boiling away too quickly!)

5



### Finish orzo

- Remove from heat, then add **chicken, half the Parmesan** and **1 tbsp** (2 **tbsp**) **butter**.
- Season with **salt** and **pepper**, to taste, then stir until **butter** melts, 1 min.

6



### Finish and serve

- Divide **chicken** and **orzo** between bowls.
- Drizzle **pesto** over top, then sprinkle with **remaining Parmesan**.

Measurements  
within steps

**1 tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 1 | Prep and cook chicken

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, prepare and cook them in the same way the recipe instructs you to cook the **chicken breasts**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.