



SuperQuick Saucy BBQ Chicken Breast Tenders with Cheesy Orzo

15 Minutes

Swap



Chicken Breasts
2 | 4

Customized Protein + Add Swap or x2 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](https://www.hellofresh.ca)



Chicken Breast Tenders
310 g | 620 g



Orzo
170 g | 340 g



Cheddar Cheese, shredded
½ cup | 1 cup



Cream
113 ml | 237 ml



BBQ Sauce
4 tbsp | 8 tbsp



Cream Sauce Spice Blend
1 tbsp | 2 tbsp



Chicken Broth Concentrate
1 | 2



Green Peas
56 g | 113 g

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 | Unsalted butter, oil, salt, pepper

Cooking utensils | Colander, large non-stick pan, measuring cups, measuring spoons, medium pot, paper towels, small pot, whisk

1



Cook orzo

- Before starting, add 10 cups water and 1 tbsp salt to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Wash and dry all produce.
- Add **orzo** and **peas** to the boiling water. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Drain and reserve ¼ cup (½ cup) of **pasta water**. Return **orzo** and **peas** to the same pot, off heat.

4



Finish cheesy orzo

- Add **cheese sauce** to the pot with **orzo**. Season with **salt** and **pepper**, then stir to combine.

2



Cook chicken

[Swap](#) | **Chicken Breasts**

- Meanwhile, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken breast tenders**. Sear until golden-brown and cooked through, 3-4 min per side.**
- Remove pan from heat. Add **BBQ sauce**. Toss to coat.

5



Finish and serve

- Divide **cheesy orzo** between bowls.
- Top with the **BBQ-sauced chicken tenders**.

3



Make cheese sauce

- Meanwhile, heat a small pot over medium-high heat.
- When hot add **2 tbsp** (4 tbsp) **butter**. Swirl pot to melt.
- Add **Cream Sauce Spice Blend**. Cook, whisking often, until combined, 1 min.
- Add **cream**, **broth concentrate** and **pasta water**. Cook, whisking until combined, 1 min.
- Add **cheese** and whisk until **cheese** melts and **sauce** thickens, 1-2 min.

Measurements
within steps

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

2 | Cook chicken

[Swap](#) | **Chicken Breasts**

If you've opted to get **chicken breasts**, cut into 1-inch wide strips, then prepare and cook them in the same way the recipe instructs you to prepare and cook the **chicken breast tenders**.

♦ 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.