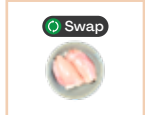




Cozy Chicken and Pesto Orzo with Spinach and Peas

Family Friendly 35 Minutes



Chicken Thighs ⁺
280 g | 560 g

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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 Breasts ⁺
2 | 4



Lemon-Pepper Seasoning
1 tbsp | 2 tbsp



Orzo
170 g | 340 g



Baby Spinach
56 g | 113 g



Basil Pesto
¼ cup | ½ cup



Parmesan Cheese, shredded
¼ cup | ½ cup



Garlic, cloves
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 | Salt*, pepper*, oil*, unsalted butter*

Cooking utensils | Baking sheet, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

1



Cook chicken

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **half the Lemon-Pepper Seasoning**.
- When the pan is hot, add **½ tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Remove the pan from heat, then transfer **chicken** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 10-12 min.**

4



Cook orzo and peas

- Once boiling, reduce heat to medium.
- Cook covered, stirring occasionally, until **orzo** is halfway done, 7-8 min.
- Stir in **peas**.
- Uncover and cook, stirring occasionally, until **orzo** is tender and creamy, 7-9 min. (**TIP:** If liquid reduces too much, add more water, ¼ cup at a time.)

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.

3



Start orzo

- Reheat the same pan (from step 1) over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pan until melted.
- Add **orzo**, **garlic** and **remaining Lemon-Pepper Seasoning**. Cook, stirring constantly, until fragrant, 30 sec.
- Add **2 ¼ cups** (4 **cups**) **water**, then season with **salt** and **pepper**. Cover and bring to a boil over high.

5



Finish orzo

- When **orzo** is tender, add **spinach** and **three-quarters of the Parmesan**.
- Cook, stirring often, until **spinach** wilts and **Parmesan** melts, 1 min.
- Remove the pan from heat.
- Stir in **3 tbsp** (6 **tbsp**) **pesto**, then season with **salt** and **pepper**, to taste.
- Stir in **any remaining pesto**, if desired.

6



Finish and serve

- Thinly slice **chicken**.
- Divide **orzo** between plates. Top with **chicken**.
- Sprinkle with **remaining Parmesan**.

Measurements within steps

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

1 | Cook chicken thighs

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

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

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

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



Issue with your meal? Scan the QR code to share your feedback.