

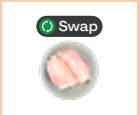


One-Pan Chicken and Orzo

with Pesto and Baby Tomatoes

Family Friendly

25-35 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://www.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 | Unsalted butter, oil, pepper, salt

Cooking utensils | Medium non-stick pan, measuring spoons, measuring cups, 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 **tblsp**) **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 **tblsp**) **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 **tblsp**) **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 **tblsp**) **oil**
2 person 4 person Ingredient

1 | Prep and cook chicken

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

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



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