



# One-Pan Chicken and Orzo

## with Pesto and Baby Tomatoes

Family Friendly 25-35 Minutes

↗ Custom Recipe + 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](https://www.hellofresh.ca)



Double	Swap
Double Chicken Tenders <sup>+</sup>	Protein Shreds
680 g   1360 g	200 g   400 g

Chicken Tenders <sup>+</sup>	Orzo
340 g   680 g	170 g   340 g

Yellow Onion	Baby Tomatoes
1   2	113 g   227 g

Parmesan Cheese, shredded	Basil Pesto
¼ cup   ½ cup	¼ cup   ½ cup

Chicken Broth Concentrate	Garlic Salt
1   2	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.*

Ingredient quantities	56g	113g
	2 person	4 person

**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.

×2 Double | **Chicken Tenders**

🔄 Swap | **Protein Strips**

- 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 **½ tbsp** (1 tbsp) **oil**, then **chicken tenders**. 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 ½-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

×2 Double | **Chicken Tenders**

If you've opted for **double chicken**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **chicken**\*\* Work in batches, if necessary.

### 1 | Prep and cook protein

🔄 Swap | **Protein Shreds**

If you've opted to get **protein shreds**, no need to pat dry or cut into smaller pieces. Cook the **protein shreds** in the same way the recipe instructs you to cook the **chicken**\*\*

\*\* Cook chicken 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.