



Creamy Chicken Sun-Dried Tomato & Zucchini Orzo

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

Chicken

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken breast or thighs
- 1 teaspoon dried oregano
- 1/4-1/2 teaspoon crushed red pepper flakes
- 1 teaspoon smoked paprika
- salt and black pepper

Pasta / Sauce

- 2 tablespoons butter
- 1 medium shallot, chopped
- 2 cloves garlic, chopped
- 1 pound dry orzo pasta
- 1/2 cup dry white wine, such as Pinot Grigio
- 1 cup chicken or vegetable broth
- 1/2 cup heavy cream
- 2 teaspoons Dijon mustard
- 2 zucchini, thinly sliced
- 2 cups fresh baby spinach
- 1/2 cup oil-packed sun-dried tomatoes, chopped
- juice of 1 lemon
- fresh rosemary, for serving (optional)
- grated parmesan cheese, for serving (optional)

Directions

1. Preheat the oven to 400 degrees F.
2. Heat 1 tablespoon olive oil in a large over-safe skillet set over medium-high heat. Rub the chicken with 1 tablespoon olive oil, the oregano, smoked paprika, red pepper flakes, salt and pepper. When the oil is shimmering, add the chicken. Sear on both sides until golden, about 3-5 minutes per side. Remove the chicken from the skillet and set aside.
3. To the same skillet, add the butter and shallot, cooking until fragrant, about 3 minutes. Add the garlic and orzo, cooking until lightly golden. 2-3 minutes. This gives the orzo a slightly nutty flavor. Add the wine and deglaze the pan. Add 1 1/2 cups water. Bring to a boil, cook 3-5 minutes, then add the cream, mustard, spinach, zucchini, and sun-dried tomatoes, stirring until the spinach has wilted. Slide the chicken and any juices left on the plate back into the skillet. Transfer to the oven and cook, uncovered for 10-15 minutes, until the chicken is cooked through.
4. Serve chicken topped with lemon juice and rosemary, if desired.

NOTE: The original recipe calls for a 1/3 cup grated parmesan in with the pasta and veg, we don't like cheese but if you love it, add it at the same time you would the cream

Vegan option: replace the chicken with portobello mushrooms (3-4) or lion's mane mushrooms, replace the heavy cream with coconut cream (the thicker layer of cream in the can, not the watery substance), and the butter with vegan butter, margarine or oil. Cook just for the orzo to cook through

Gluten-free option: replace the orzo with a small gluten-free pasta or you could use a jasmine rice