LIGHT & SWEET

Creamy Lemon Chicken with Orzo

PREP	COOK	SERVES
10 min	30 min	4

Golden chicken thighs cooked with orzo in a light lemon and garlic sauce, finished with spinach and parmesan.

Ingredients

- 8 bone-in or 6 boneless chicken thighs
- 1 tbsp olive oil
- 1 tbsp butter
- 1 onion, finely chopped
- 4 garlic cloves, crushed
- 1 tsp dried oregano
- 300 g orzo
- 700 ml hot chicken stock
- Zest of 1 lemon and juice of ½ to 1 lemon
- 100 ml double cream or crème fraîche
- 100 g baby spinach
- 40 g parmesan, grated
- Salt and black pepper
- Chopped parsley, to serve

Method

1. Season the chicken with salt and pepper. Heat the oil in a large, deep pan and brown the chicken for 5 minutes per side, until deep golden. Set aside.
2. Add the butter and onion to the same pan and cook for 4 minutes. Add the garlic and oregano for 1 minute.
3. Stir in the orzo, then pour in the stock and lemon zest. Nestle the chicken back into the pan, bring to a simmer, cover and cook for 15 to 18 minutes, stirring once or twice, until the orzo is tender and the chicken is cooked through.

4. Stir in the cream, spinach, parmesan and lemon juice and cook for 2 more minutes until the spinach wilts and the sauce is creamy. Season to taste.
5. Serve straight from the pan with parsley.

Cook's tip

Orzo absorbs liquid fast. If the pan looks dry before the pasta is tender, add a splash of stock or water.