

# Creamy Chicken Orzo

Orzo has a magic all its own. That's what we're celebrating in this recipe. Smothered tender orzo pasta, sautéed broccoli, cremini mushrooms, and diced carrots and celery in a cream sauce that's out of this world. With shredded chicken, it's a perfect family dinner.

**40** Minutes to the Table

**40** Minutes Hands On

**2 Whisks** Easy

## Getting Organized

### EQUIPMENT

Large Saucepan  
Large Skillet

### FROM YOUR PANTRY

Flour (1½ Tbsp)  
Butter (1½ Tbsp)  
Olive Oil  
Salt & Pepper

### 6 MEEZ CONTAINERS

Orzo Pasta  
Chicken Breast  
Broccoli  
Carrots & Parsnips  
Mushrooms  
Cream Sauce

## Good To Know

If you ordered the **Carb Conscious version** we sent you cauliflower "rice" instead of the orzo pasta **reducing the carbs per serving to 37g**. Skip steps 1 and 2. After step 3, heat 2 Tbsp olive oil in the now empty skillet over high heat. When the oil is hot, cook until the cauliflower starts to brown, about 3 to 4 minutes. Set aside until step 5.

If you're cooking the **gluten-free version**, we sent you white rice instead of orzo. Follow the instructions in step 2 but cook the rice for 15 to 20 minutes.

**Our free-range chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Health snapshot per serving** – 795 Calories, 75g Protein, 34g Fat, 54g Carbs, and 20 Freestyle Points.

**Lightened Up Health snapshot per serving** – 630 Calories, 19g Fat, 48g Carbs, and 11 Freestyle Points using half the sauce, half the butter and half the flour.

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Chicken Breast, Orzo, Broccoli, Mushrooms, Onion, Parsnip, Carrot, Celery, Parsley, Thyme, Basil, Miso, Cream, Chicken Stock.

**meez** meals

### 1. Get Organized

Put a large saucepan of water to boil.

### 2. Cook the Orzo Pasta

Add the **Orzo Pasta** with a pinch of salt to the boiling water. Cook until al dente, about 10 to 12 minutes. Remove from the heat, drain, and return the cooked orzo to saucepan. Cover and set aside.

### 3. Cook the Chicken

While the orzo is cooking, heat a large skillet with 1½ Tbsp of olive oil over medium-high heat. Pat dry and generously salt and pepper the **Chicken** on both sides and cook until crisp and brown, about 4 to 5 minutes. Flip, then cook until brown on the second side, about 4 additional minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Wipe out the pan.

Once the chicken has rested, hold the chicken in place with one fork and with a second fork, shred the chicken (into pieces typical of the size used in chicken soup).

### 4. Cook the Vegetables and Make the Sauce

While the chicken is resting, heat 1 Tbsp olive oil in the now-empty skillet over medium high heat. Add the **Broccoli** and cook until it starts to brown and is nearly fork tender, about 7 to 8 minutes. Transfer the cooked broccoli to the saucepan with the cooked orzo and replace the cover. Do not wipe out the skillet.

Return the now-empty skillet to the stove over medium high heat and add the **Carrots & Parsnips** and **Mushrooms**. Sauté until the veggies start to char, about 2 to 3 minutes. Add 1 Tbsp butter and when melted, mix-in 1 Tbsp flour. Cook until the veggies are well covered in flour and it starts to turn brown, an additional 2 to 3 minutes.

Add the **Cream Sauce** and 2/3 cup of water and bring to a boil. Reduce the heat to medium and continue simmering until the sauce is thick enough to coat the back of a spoon, about 3 to 4 minutes. Remove from the heat.

### 5. Put It All Together

Add the cooked orzo, broccoli, and chicken to the skillet. Stir well and serve. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**