



CHICKEN AND ORZO

ONE POT

SERVES 2-3

PREP TIME 15 MIN

COOKING TIME 30 MIN

INGREDIENTS

½ red onion
½ red pepper
1 garlic clove
3-4 stalks of tenderstem broccoli
1 chicken breast
Vegetable oil
1 tbsp tomato paste
1 tsp sweet paprika
1 tsp dried oregano
1 tsp garlic granules
100g orzo
500ml stock, more if needed
Handful of frozen peas
Large handful of spinach
Handful diced halloumi (optional)

METHOD

1 Start by preparing the vegetables. Dice the red onion and pepper. Mince the garlic clove. Cut the Tenderstem broccoli into small pieces, using all of the stalk and keeping the florets to one side.

2 Next, prepare the chicken breast on a separate board by cutting into chunks. Leave to one side.

3 Heat a little vegetable oil in a large saucepan. Add the onions and cook on a gentle heat until translucent.

4 Add the broccoli stalks and red pepper then cook for 2-3 minutes.

5 Add the chicken, garlic and tomato paste along with the paprika, oregano and garlic granules. Cook until the chicken has changed in colour (slightly browned).

6 Add the orzo and cover with the stock – it should be enough to cover the ingredients. Add the peas and the broccoli florets. Allow to gently simmer until orzo is cooked and stock has reduced.

7 While cooking, fry the halloumi in a separate pan, turning until golden and slightly crispy.

8 Add the spinach and halloumi to the pot at the end of cooking. Taste, adding salt and pepper if needed. Eat!