Chicken Breast and Orzo Recipes

One-pot tomato chicken orzo



Serves: 4 | **Difficulty:** Medium

Prep: 15 min
Cook: 25 min
Total: 45 min
Method: One-pot skillet

Chicken breast and orzo cook with tomatoes and bell pepper in one skillet. Small chicken pieces finish alongside the pasta, and a brief rest brings the sauce to a creamy, spoonable consistency.

INGREDIENTS

- 1 lb (454 g) boneless skinless chicken breast, cut into 3/4-inch pieces
- 1 cup (190 g) dry orzo
- 1 tbsp (15 ml) olive oil
- 1 small onion (100 g), finely diced
- 1 red bell pepper (150 g), diced
- 2 garlic cloves (6 g), minced
- 1 cup (240 g) crushed tomatoes
- 2 cups (480 ml) low-sodium chicken broth
- 1 tsp (1 g) dried basil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (8 g) chopped parsley

METHOD

1. Heat oil in a deep skillet. Cook onion and bell pepper 4 minutes, then add chicken, salt and pepper and cook 3 minutes to color the outside.
2. Add garlic, basil and orzo and stir for 30 seconds. Pour in tomatoes and broth, scraping the pan.
3. Simmer gently 10–14 minutes, stirring every few minutes, until orzo is tender and chicken reaches 165°F (74°C). Add hot water in small splashes if needed.
4. Rest off heat 5 minutes. Stir in parsley and serve while the orzo is still loose and saucy.

Kitchen note: A wide deep skillet lets the orzo simmer evenly. Use small breast pieces rather than whole breasts so their cooking time matches the pasta.

Serving: Divide into 4 portions with chicken and vegetables distributed evenly. Serve promptly with a simple green salad or steamed seasonal vegetables.

Storage & reheating: Refrigerate leftovers in shallow, covered containers within 2 hours. Keep at 40°F (4°C) or colder and use within 3–4 days. Reheat until steaming hot throughout; verify chicken reaches 165°F (74°C).