

Creamy Tomato Basil Chicken and Orzo



Preparation time: 0 min

Difficulty: Easy

Ingredients

- Salt & pepper to taste: None
- boneless, skinless chicken breast: 1 lb
- chicken broth: 1 ½ cups
- fresh basil: 2 tbsp
- fresh spinach: 2 cups
- garlic cloves, minced: 2
- heavy cream: ½ cup
- olive oil: ½ tbsp
- orzo (uncooked): 1 cup
- red pepper flakes, optional: 1 tsp
- salted butter: 2 tbsp
- sweet onion, diced: 1/2

For this recipe we used:

Finely Chopped Tomatoes 1 cup



Preparation

This meal is the perfect one pan meal for a weeknight dinner. It's also a super comforting meal.

INSTRUCTIONS:

1. Preheat oven to 350F. Season chicken with salt and pepper to taste. Heat the olive oil in a cast iron skillet or oven safe pan over medium/high heat. Place the chicken in the pan and brown on both sides. The chicken should cook for about 3-4 minutes on each side depending on the thickness of the chicken breast. Once the chicken is browned, remove it from the pan.
2. Reduce the heat to medium and add the butter into the pan. Once it's melted, add the onion, and garlic cloves. Saute until they are a little brown and fragrant. Then stir in the orzo and red pepper flakes. Saute for another minute or so. Add in the chopped tomatoes and spinach, and basil and stir until the spinach is wilted.
3. Add in the chicken broth and heavy cream and then bring the mixture to a boil. Season with salt and pepper to taste. Remove from heat and then add the chicken breast back into the pan. Bake for 20-25 minutes or until the chicken has an internal temperature of 165F. Enjoy with freshly grated parmesan and basil.