



Chicken & Pan-Roasted Tomatoes

with Scallion-Orzo Pilaf



20-30min



2 Servings

What looks like a grain, cooks like a grain, but is actually pasta? Orzo. It's a flat, rice-shaped pasta that's best served in salads, soups, or alone. This small, but mighty alternative to weeknight spaghetti is one of our go-tos. Especially when cooked rice-pilaf style, it becomes extra creamy thanks to the addition of broth and butter.

What we send

- 3 oz orzo ²
- 1 pkt chicken broth concentrate
- scallions
- 1 pkg grape tomatoes
- garlic
- ¼ oz fresh parsley
- 12 oz boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- sugar

Tools

- small saucepan
- medium skillet

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 36g, Carbs 46g, Protein 48g



1. Cook orzo

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**; cook, stirring, until toasted, 2-3 minutes. Add **broth concentrate, 1¼ cups water**, and **a pinch of salt**. Bring to a boil; cover and cook over low until tender, about 18 minutes. Trim **scallions**; thinly slice about ¼ cup. Stir sliced scallions and **1 tablespoon butter** into orzo. Keep covered until step 6.



4. Brown chicken

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **chicken** and cook until browned all over and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Cook tomatoes

While **orzo** cooks, heat **1 tablespoon oil** in a medium skillet over medium. Add **half of the tomatoes** (save rest for own use) and **a pinch each of salt and pepper**. Cook, stirring, until tomatoes are browned and softened slightly, 5-6 minutes. Transfer to a medium bowl. Reserve skillet for step 4.



5. Make sauce

Heat **1 teaspoon oil** in same skillet over medium. Stir in **chopped garlic, cooked tomatoes and any juices, ¼ cup water**, and **1 teaspoon sugar**. Bring to a boil, scraping up any browned bits from the bottom. Cook, gently crushing some of the tomatoes with the back of a spoon, until the liquid is reduced by half, about 1 minute.



3. Prep ingredients

Finely chop **1 teaspoon garlic**. Pick **2 tablespoons whole parsley leaves**; reserve for step 6. Finely chop remaining leaves and stems. Pat **chicken** dry, then pound to ½-inch thickness, if desired. Season with **salt, pepper**, and **¾ teaspoon harissa spice**. In a medium bowl, toss **arugula** with **1 teaspoon oil** and **a pinch each of salt and pepper**.



6. Finish & serve

Return **chicken and any juices** to skillet and cook, turning, until chicken is warm, about 30 seconds. Stir in **chopped parsley** and **1 tablespoon butter** until butter melts. Remove skillet from heat. Stir **arugula** into **warm pan sauce**. Season to taste with **salt and pepper**. Serve **chicken** with **orzo** alongside. Garnish with **reserved whole parsley leaves**. Enjoy!