

DINNERLY



Skillet Chicken with Orzo & Carrots



30-40min



2 Servings

We challenge you to name a dish more comforting than a big skillet full of orzo stewed with carrots and onions. We're topping it off with lean chicken breast spiced with ras el hanout—a seasoning blend that's full of flavor but not spicy at all (in case you can't handle the heat!). We've got you covered!

WHAT WE SEND

- 1 yellow onion
- 1 pkt chicken broth concentrate
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz ras el hanout
- 1 medium bag carrots
- ¼ oz granulated garlic
- 3 oz orzo ¹

WHAT YOU NEED

- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- meat mallet (or heavy skillet)
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 560kcal, Fat 19g, Carbs 58g, Protein 43g



1. Prep onion & carrots

Halve **onion**, then finely chop ¾ cup (save rest for own use).

Scrub **carrots**, then cut on an angle into ¼-inch thick slices.



2. Pickle onions

In a medium bowl, whisk together 2 **teaspoons vinegar** and a **pinch each of sugar and salt**. Add ¼ **cup of the chopped onions**, tossing to coat. Set aside to marinate until ready to serve.



3. Brown chicken

Pat **chicken** dry. Use a mallet or heavy skillet to pound to an even thickness. Season all over with ¾ **teaspoon salt**, ½ **teaspoon ras el hanout**, and a **few grinds pepper**.

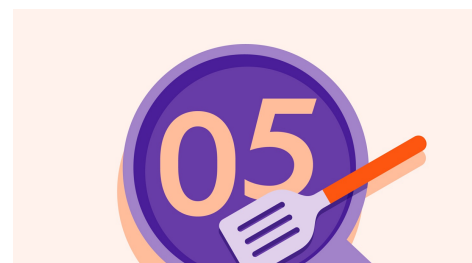
Heat 1 **tablespoon oil** in a large skillet over medium-high until shimmering. Add chicken; cook until browned on the bottom, 2–3 minutes (it won't be fully cooked). Transfer to a plate.



4. Cook veggies & toast orzo

Heat 1 **tablespoon oil** in same skillet over medium-high. Add **carrots** and **remaining chopped onion**. Cook, stirring, until onions are softened, 2–3 minutes. Add ¼ **cup water**, cover, and cook until water is evaporated, 2–3 minutes.

Add **orzo** and 1 **teaspoon oil**. Cook, stirring, until lightly toasted, 1–2 minutes.



5. Finish & serve

To skillet with **orzo**, add **broth concentrate**, 1½ **cups water**, 1 **teaspoon ras el hanout**, ¼ **teaspoon granulated garlic**, and ¾ **teaspoon salt**. Bring to a boil. Reduce heat to low; cook until liquid is mostly absorbed, 7–8 minutes. Season with **salt**. Add **chicken**, browned-side up; cover and cook until cooked through, about 4 minutes.

Serve with **pickled onions** over top. Enjoy!



6. Eat it for lunch!

We think you'll lick the skillet clean, but if you find yourself with leftovers, we recommend cutting up the chicken into bite-size pieces and mixing it with the orzo to make a fancified chicken salad of sorts. Add dried cranberries or apricots for a hint of sweetness.