

# DINNERLY



## Low-Cal Mediterranean Chicken & Orzo Skillet

with Spinach & Feta



30min



2 Servings

A crave-worthy meal that's low calorie and done in three steps? That's what we call a triple threat. We've got you covered!

## WHAT WE SEND

- 10 oz pkg ground chicken
- 6 oz tomato paste
- ¼ oz herbs de Provence
- 3 oz orzo <sup>1</sup>
- 5 oz baby spinach
- 2 oz feta <sup>7</sup>

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

## TOOLS

- medium skillet

## ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 480kcal, Fat 15g, Carbs 42g, Protein 44g



### 1. CHICKEN VARIATION

Finely chop 1 **teaspoon** garlic.

Heat 2 **teaspoons** oil in a medium skillet over medium-high. Add **chicken** and season with **salt** and **pepper**. Cook, breaking up into large pieces, until well browned, 3–5 minutes.



### 2. Simmer orzo

To skillet with **chicken**, add **chopped garlic**, 2 **heaping tablespoons** tomato **paste**, and 1 **tablespoon** **herbs de Provence**; cook, stirring, until fragrant and paste is bright red, 2–3 minutes.

Add 1½ **cups** **water**. Bring to a simmer, then stir in **orzo**. Reduce heat to low. Cover and simmer until orzo is tender and liquid is mostly absorbed, 12–15 minutes.



### 3. Add spinach & serve

Stir in **spinach** until just wilted, 1–2 minutes.

Serve **Mediterranean chicken and orzo** with **feta** crumbled over top. Enjoy!



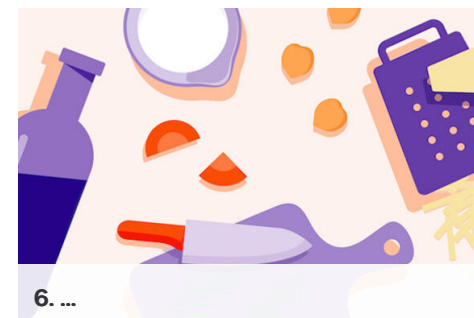
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!