



Springtime! Grilled Chicken & Parm Orzo

with Roasted Veggies & Creamy Dill Dressing



1h



2 Servings

Roasting and grilling are two of the best ways to throw together a simple yet impressive dinner, and this recipe does both! A creamy sauce with dill, Greek yogurt, and lemon does double duty as both a marinade for grilled chicken breasts and a dressing for the final dish. We add freshly grated Parmesan to fluffy orzo for a simple but flavorful finish while radishes and snap peas roast in the oven. (2-p serves 4; 4-p serves 8)

What we send

- 1 lemon
- garlic
- ½ oz fresh dill
- 1 bag radishes
- ½ lb snap peas
- 2 (¾ oz) Parmesan ²
- 2 (12 oz) pkgs boneless, skinless chicken breasts
- 2 (4 oz) Greek yogurt ²
- 2 (3 oz) orzo ¹

What you need

- kosher salt & ground pepper
- olive oil
- butter ²

Tools

- microplane or grater
- medium saucepan
- grill or grill pan
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 530kcal, Fat 18g, Carbs 41g, Protein 54g



1. Prep ingredients

Preheat oven to 425°F. Zest **lemon** and squeeze **1½ teaspoons juice**; cut remainder into wedges. Finely grate **1 teaspoon garlic**. Finely chop **dill fronds**; discard stems. Halve or quarter **radishes**, depending on size. Trim and halve **sugar snap peas**, if desired. Finely grate **Parmesan**, if necessary.

Pat **chicken** dry and pound to an even ¼-inch thickness, if desired.



4. Roast veggies

Meanwhile, on rimmed baking sheet, toss **radishes** with **1 tablespoon oil** and season with **salt** and **pepper**. Transfer to oven and roast until slightly softened, 8 minutes. Add **snap peas** to sheet tray with **a drizzle of oil** and more **salt** and **pepper**. Continue to cook until snap peas and radishes are just browned, about 8 minutes more.



2. Mainate chicken

In a large bowl, combine **garlic, yogurt, lemon zest and juice**, and **all but 1 tablespoon of the dill**; season with **1 teaspoon salt** and **a few grinds of pepper**. Transfer **⅓ of yogurt mixture** to a small bowl, thinning out with **1 tablespoon water** at a time until smooth and pourable.

Add **chicken** to large bowl with **remaining yogurt mixture** and toss until evenly coated.



5. Cook chicken

Preheat grill pan to high, if using. Add **chicken**, discarding marinade, and grill until cooked through and charred, 3-5 minutes per side. Set aside to rest.

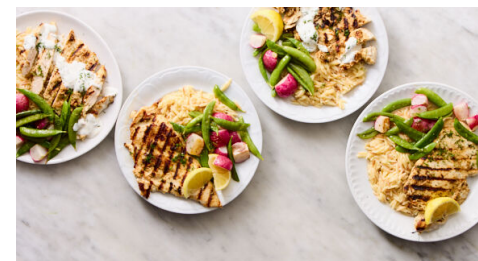
Fluff **orzo** with a fork. Add **grated Parmesan** and **2 tablespoons butter**; stir until cheese and butter are melted. Add **a squeeze of lemon**, if desired.



3. Toast & cook orzo

Heat **1 tablespoon oil** in a medium saucepan over medium-high. Add **all of the orzo** and cook, stirring, until orzo is toasted, 2-3 minutes. Add **2½ cups water** and **1 teaspoon salt**; bring to a boil. Cover and reduce heat to a simmer. Cook until orzo is tender and liquid is evaporated, 12-15 minutes.

Preheat grill to high, if using.



6. Serve

Divide **orzo** between plates and serve alongside **roasted veggies** and **chicken**. Drizzle **yogurt dressing** over top and garnish with **reserved dill** and **lemon wedges**. Enjoy!