

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 ²
- 5 oz baby spinach
- 2 oz feta ¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

- 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 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!



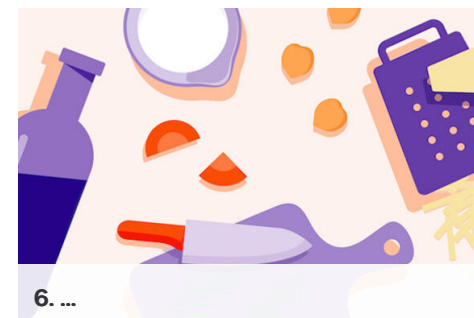
4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!