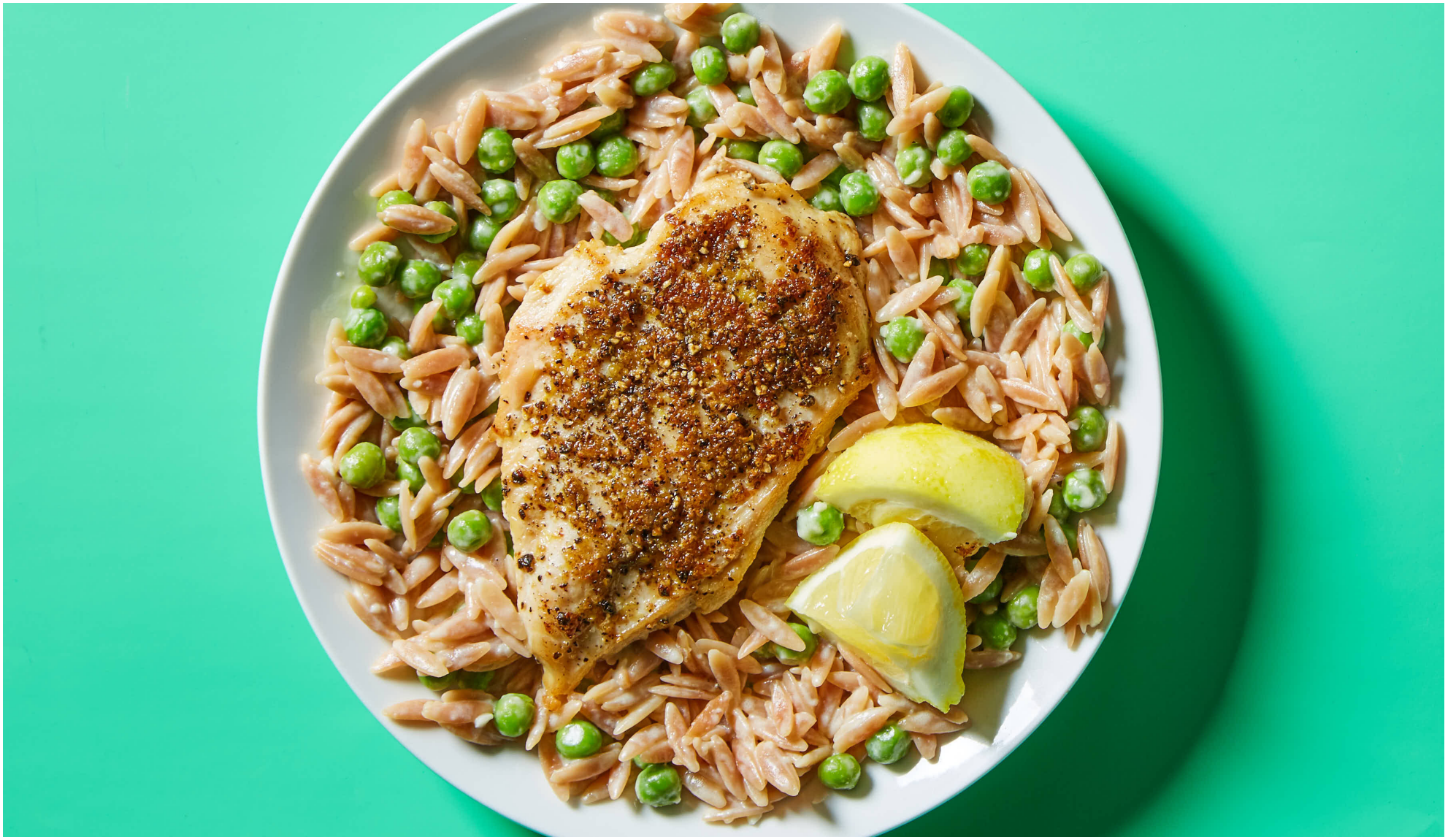


DINNERLY



Lemon-Pepper Chicken with Creamy Orzo & Peas



20-30min



2 Servings

We all love that classic pantry staple known as lemon pepper. So much in fact, it inspired us to create a freshened up version loaded with lemon zest and a generous dose of coarsely cracked pepper. The lemon-peppery kick pairs perfectly with creamy orzo and sweet green peas. We've got you covered!

WHAT WE SEND

- 3 oz orzo ²
- ¾ oz Parmesan ¹
- 1 lemon
- 10 oz pkg boneless, skinless chicken breast
- 1 oz cream cheese ¹
- 5 oz peas

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

TOOLS

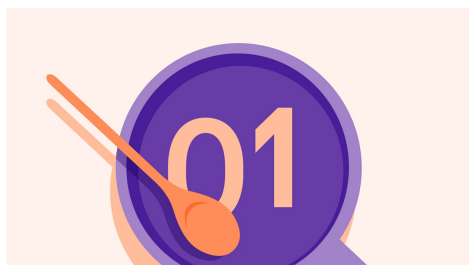
- small saucepan
- microplane or grater
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

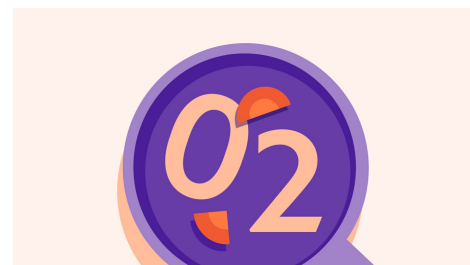
Calories 530kcal, Fat 22g, Carbs 40g, Protein 44g



1. Toast orzo

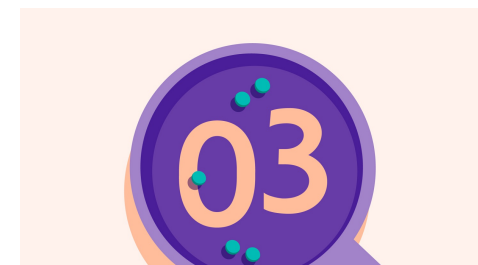
Roughly chop **1 teaspoon garlic**.

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo** and cook until golden brown, 2–3 minutes. Add chopped garlic and cook until just fragrant, about 30 seconds.



2. Cook orzo

To saucepan with **orzo**, add **1¼ cups water** and **½ teaspoon salt**. Cover and bring to a boil. Reduce heat to low. Simmer, covered, until orzo is tender and liquid is mostly evaporated, about 18 minutes. Cover to keep warm off heat.



3. Prep ingredients

Finely grate **Parmesan**, if necessary. Finely grate **lemon zest** and squeeze **2 teaspoons juice**, keeping separate. Cut remaining lemon into wedges.

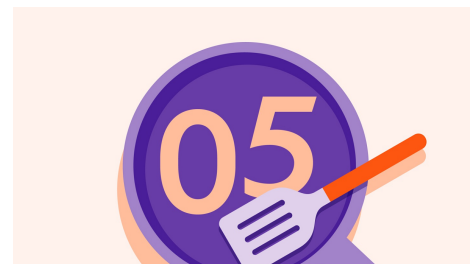
In a small bowl, combine **lemon zest** and **½ teaspoon each of salt and pepper**, rubbing together with fingers to incorporate.



4. Cook chicken

Pat **chicken** dry and rub with **oil**. Coat 1 side with **lemon-pepper mixture**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken, seasoned side-down; cook until well browned and cooked through, 2–3 minutes per side.



5. Finish orzo & serve

Return saucepan with **orzo** to medium-low heat. Add **cream cheese**, **Parmesan**, **peas**, and **lemon juice**. Stir until cheese is fully combined and peas are heated through, 2–3 minutes. Season to taste with **salt** and **pepper**.

Slice **lemon pepper chicken**, if desired, and serve over **orzo** with **lemon wedges** alongside. Enjoy!



6. Kids pitch in!

Making the lemon-pepper mixture is the perfect job for a sous-chef of any age. Have them zest the lemon and crack the pepper.