

DINNERLY



LOW CARB

LOW CALORIE

Seared Skillet Chicken with Olive Salsa & Orzo



20-30min



2 Servings

You have those friends in your life that question your outfit choices and dating habits. Then, you have those friends that question why you haven't been putting olive salsa on everything. It's called balance. We've got you covered!

WHAT WE SEND

- 3 oz orzo ¹
- 1 pkt turkey broth concentrate
- garlic (use 1 large clove)
- 4 oz roasted red peppers
- 1 oz Castelvetrano olives
- ¼ oz fresh dill
- ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- olive oil
- red wine vinegar (or white wine vinegar)

TOOLS

- small saucepan
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 510kcal, Fat 25g, Carbs 36g, Protein 31g



1. Cook orzo

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo** and cook until brown, 2–3 minutes. Add **broth concentrate, 1 cup water, and a pinch of salt**. Bring to a boil over high. Reduce heat to low and cover. Simmer until orzo is tender and liquid is mostly absorbed, about 18 minutes. Drain orzo, if necessary, then return to pot and cover to keep warm.



2. Prep ingredients

Meanwhile, peel and finely chop **1 teaspoon garlic**. Pat **peppers** dry, then coarsely chop. Remove pits from **olives**, if necessary, and coarsely chop. Finely chop **dill fronds and stems**.



3. Make olive salsa

In a small bowl, combine **chopped garlic, peppers, olives, half of the dill, 2 teaspoons water, and 1 teaspoon each vinegar and oil**. Season to taste with **salt and pepper**.



4. Brown chicken

Pat **chicken** dry, then season all over with **salt, pepper, and remaining dill**. Heat **1½ tablespoons oil** in a medium skillet over medium-high. Transfer chicken to skillet and cook until browned and cook through, 2–3 minutes per side. Transfer chicken to plates.



5. Finish & serve

Add **olive salsa** to same skillet and cook over medium-high until warm, about 1 minute. Spoon **olive salsa** over **chicken**, and serve with **orzo** alongside. Enjoy!



6. Take it to the next level

Stir chopped anchovies and capers into your olive relish in step 2 for some extra umami flavor.