



Chicken & Pan-Roasted Tomatoes

with Scallion-Orzo Pilaf



20-30min



2 Servings

What looks like a grain, cooks like a grain, but is actually pasta? Orzo. It's a flat, rice-shaped pasta that's best served in salads, soups, or alone. This small, but mighty alternative to weeknight spaghetti is one of our go-tos. Especially when cooked rice-pilaf style, it becomes extra creamy thanks to the addition of broth and butter.

What we send

- 3 oz orzo ¹
- 1 pkt chicken broth concentrate
- scallions
- 1 pkg grape tomatoes
- garlic
- ¼ oz fresh parsley
- 12 oz boneless, skinless chicken breasts
- ¼ oz harissa spice blend
- 3 oz arugula

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷
- sugar

Tools

- small saucepan
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 680kcal, Fat 36g, Carbs 46g, Proteins 48g



1. Cook orzo

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **orzo**; cook, stirring, until toasted, 2-3 minutes. Add **broth concentrate, 1¼ cups water**, and **a pinch of salt**. Bring to a boil; cover and cook over low until tender, about 18 minutes. Trim **scallions**; thinly slice about ¼ cup. Stir sliced scallions and **1 tablespoon butter** into orzo. Keep covered until step 6.



4. Brown chicken

Heat **1 tablespoon oil** in reserved skillet over medium-high. Add **chicken** and cook until browned all over and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Cook tomatoes

While **orzo** cooks, heat **1 tablespoon oil** in a medium skillet over medium. Add **half of the tomatoes** (save rest for own use) and **a pinch each of salt and pepper**. Cook, stirring, until tomatoes are browned and softened slightly, 5-6 minutes. Transfer to a medium bowl. Reserve skillet for step 4.



5. Make sauce

Heat **1 teaspoon oil** in same skillet over medium. Stir in **chopped garlic, cooked tomatoes and any juices, ¼ cup water**, and **1 teaspoon sugar**. Bring to a boil, scraping up any browned bits from the bottom. Cook, gently crushing some of the tomatoes with the back of a spoon, until the liquid is reduced by half, about 1 minute.



3. Prep ingredients




Finely chop **1 teaspoon garlic**. Pick **2 tablespoons whole parsley leaves**; reserve for step 6. Finely chop remaining leaves and stems. Pat **chicken** dry, then pound to ½-inch thickness, if desired. Season with **salt, pepper**, and **¾ teaspoon harissa spice**. In a medium bowl, toss **arugula** with **1 teaspoon oil** and **a pinch each of salt and pepper**.



6. Finish & serve

Return **chicken and any juices** to skillet and cook, turning, until chicken is warm, about 30 seconds. Stir in **chopped parsley** and **1 tablespoon butter** until butter melts. Remove skillet from heat. Stir **arugula** into **warm pan sauce**. Season to taste with **salt and pepper**. Serve **chicken** with **orzo** alongside. Garnish with **reserved whole parsley leaves**. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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