

ONE PAN ITALIAN CHICKEN AND ORZO

HEALTHY

FREEZER FRIENDLY



Serves
4



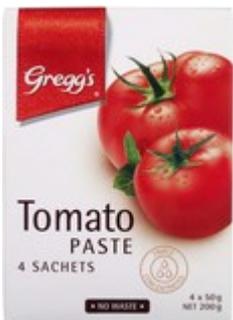
Prep Time 15
minutes



Cook Time 40
minutes



A Little More
Effort



INGREDIENTS

- 500g skinless chicken thigh fillets
- 1 large onion, sliced
- 3 cloves garlic, finely chopped
- 3 Tbsp **Gregg's Tomato Paste**
- ½ tsp **Gregg's Crushed Chilli**

METHOD

1. Heat a dash of oil in a lidded frying pan. Add the chicken fillets and brown over high heat. Remove from the pan and set aside.
2. Reduce the heat to medium–low, add the onion and garlic to the pan and stir fry

- 400g can **Wattie's Italian Style Tomatoes**
- ½ cup chicken stock or water
- ¾ cup orzo pasta
- 2 Tbsp **Mediterranean Basil Pesto Chunky Dip**
- Parmesan cheese to garnish

until softened. Stir in the **Gregg's Tomato Paste** and **Gregg's Crushed Chilli** and cook for a minute.

3. Pour over the **Wattie's Italian Style Tomatoes** and stock or water. Stir, while bringing the sauce to the boil. Reduce the heat to low and return the chicken to the pan. Cover and simmer for 25 minutes, turning the chicken occasionally.
4. Scatter over the orzo and stir into the sauce. Continue cooking for a further 15 minutes, stirring again part way through cooking, until the orzo is tender and the chicken is cooked.
5. Stir through **Mediterranean Basil Pesto**. Serve garnished with a little grated Parmesan. Accompany with your favourite green vegetables – steamed green beans or broccoli florets go well.

TIPS

- This recipe get the Healthy Pick for Main Meals.
- The orzo will absorb most of the liquid to resemble a risotto. If the sauce gets too thick before the end of cooking, add a little extra stock or water.

SWAP IT OUT

- Replace the **Wattie's Italian Tomatoes** with **Wattie's Savoury Tomatoes** instead.
- Try macaroni elbows instead of orzo.
- Replace the **Wattie's Italian Tomatoes** with **Wattie's Indian Style** or **Mexican Tomatoes** and omit the Basil Pesto chunky dip.