

Artichoke Chicken Marsala Orzo

Ingredients:

- ✓ 2 lbs chicken
- ✓ ¼ cup flour
- ✓ 1 tsp garlic powder
- ✓ 3 tbsp olive oil
- ✓ 12 oz artichoke hearts
- ✓ 1 onion, diced
- ✓ 1 ½ tbsp minced garlic
- ✓ 2 tsp thyme
- ✓ 1 pinch red pepper flakes
- ✓ 1 cup dry orzo
- ✓ 1 ½ cups chicken broth
- ✓ ¾ cup marsala wine
- ✓ ¾ cup heavy cream
- ✓ 1 tbsp lemon juice



Total Time: 45 minutes Servings: 4

Directions:

1. Season the chicken with salt and pepper. Place the flour and garlic powder in a shallow bowl and dredge the chicken, pressing to adhere.
2. Heat 2 tbsp olive oil in a large skillet set over medium-high heat. When the oil shimmers, add the chicken and sear on both sides, about 3-5 minutes per side. Add 1 tablespoon butter and allow the butter to brown around the chicken, about 2 minutes. Set aside.
3. To the skillet, add 2 tbsp olive oil and the artichokes. Cook undisturbed for 2 minutes or until golden. Add 2 tbsp butter, the onion, garlic, thyme, and a pinch each of salt, pepper, and red pepper flakes. Cook 2-3 minutes, until fragrant. Add the orzo. Cook another 2 minutes.
4. Pour in the wine and broth. Cook 10-12 minutes until the orzo is al dente, then pour in the cream. Add the chicken and lemon juice to the skillet and simmer for 5 minutes or until warmed through.