

# Sundried Tomato Chicken Orzo

## Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 2 lb chicken breast
- ✓ 1 tsp oregano
- ✓ 1 tsp paprika
- ✓ ½ tsp red pepper flakes
- ✓ 2 tbsp butter
- ✓ 1 onion, chopped
- ✓ 1 tbsp minced garlic
- ✓ 1 cup dry orzo
- ✓ 1/3 cup white wine
- ✓ 1 cup heavy cream
- ✓ 2 tsp Dijon mustard
- ✓ 1/3 cup parmesan, grated
- ✓ 2 cups spinach
- ✓ ½ cup sundried tomatoes in oil
- ✓ 1 tbsp lemon juice



Total Time: 50 minutes Servings: 4

## Directions:

1. Preheat the oven to 400 degrees F.
2. Heat 1 tablespoon olive oil in a large oven-safe skillet set over medium-high heat. Rub the chicken with 1 tablespoon olive oil, the oregano, paprika, red pepper flakes, salt, and pepper. When the oil is shimmering, add the chicken. Sear on both sides until golden, about 3-5 minutes per side. Remove the chicken from the skillet.
3. To the same skillet, add the butter and onion. Cook until fragrant, about 3 minutes. Add the garlic and orzo, cooking until lightly golden, 2-3 minutes. Add the wine and de-glaze the pan. Add 1 1/2 cups water. Bring to a boil, cook 3-5 minutes, then add the cream, mustard, parmesan, spinach, and sun-dried tomatoes, stirring until the spinach has wilted. Slide the chicken and any juices left on the plate back into the skillet. Transfer to the oven and cook, uncovered for 10-15 minutes, until the chicken is cooked through