

30-Minute Broccoli Cheddar Chicken Orzo - Creamy and Delicious

This dish checks all the boxes:



TIME
6 min

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INGREDIENTS

- ? Meat:
 - 1 chicken breast, diced
- ? Produce:
 - 2 cups small broccoli florets
 - 3 cloves garlic, minced
 - 1 shallot, finely chopped
- ? Canned Goods:
 - 2 % cups chicken broth
- ? Pasta & Grains:
 - 1 cup orzo
- ? Spices & Oils:
 - 1 tbsp avocado oil
 - % tsp black pepper
 - 1 tbsp Italian seasoning
 - ... tsp salt
- ? Dairy:
 - 2 tbsp butter
 - 3 oz cheddar cheese, shredded

DIRECTIONS

1. **Cook the Chicken:** Heat avocado oil in a large skillet over medium-high heat. Add diced chicken, season with salt, pepper, and Italian seasoning. Cook for 5-6 minutes until browned and cooked through. Remove from skillet and set aside.
2. **SautØ the Aromatics:** In the same skillet, melt butter over medium heat. Add shallot and garlic. Cook for 1-2 minutes, just until softened and fragrant.
3. **Cook the Orzo:** Stir in the orzo and toast for about 1 minute to enhance its flavor. Add chicken broth and bring to a simmer. Cook uncovered for 8-10 minutes, stirring occasionally, until orzo is tender and most of the liquid is absorbed.
4. **Add Broccoli and Chicken:** Stir in broccoli florets and return the cooked chicken to the pan. Cover and cook for 3-4 minutes, until broccoli is tender and vibrant green.
5. **Melt Cheese and Serve:** Stir in shredded cheddar cheese until melted and creamy. Remove from heat and serve immediately.

TIPS FOR SUCCESS

- Dice chicken evenly so it cooks quickly and uniformly.
- Toast the orzo before adding broth to develop a nutty flavor base.
- Cut broccoli small so it cooks quickly and blends seamlessly into the dish.
- Shred your own cheddar for the best melt and creaminess.

