

## Lemon Chicken & Veggie Orzo Stir Fry: Zesty One-Pan Dinner

Lemon Chicken & Veggie Orzo Stir Fry: A Zesty, Colorful One-Pan Meal!



**TIME**  
**5-7 min**

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### INGREDIENTS

- 1 cup orzo
- 1 lb diced chicken breast
- 1 zucchini, chopped
- 1 red bell pepper, chopped
- 1 cup broccoli florets
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp olive oil, divided
- ... cup grated Parmesan cheese
- 1 tsp garlic powder
- ‰ tsp salt
- ... tsp black pepper
- ‰ tsp dried oregano
- ... tsp red pepper flakes (optional, for a little heat)
- Fresh parsley (for garnish)

### DIRECTIONS

1. Let's get this colorful Lemon Chicken & Veggie Orzo Stir Fry on the table!
2. Cook : Orzo: Bring a medium pot of salted water to a boil. Add the orzo and cook according to package instructions until al dente. Drain thoroughly and set aside.
3. Cook the : Chicken: While the orzo cooks, heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat. Add the diced chicken breast. Season with garlic powder, salt, and black pepper. Cook for 5-7 minutes, stirring occasionally, until the chicken is golden brown and cooked through. Remove the cooked chicken from the skillet and set it aside.
4. SautØ the Veggies: Add the remaining 1 tablespoon of olive oil to the same skillet (no need to clean it; the chicken bits add flavor!). Add the chopped zucchini, red bell pepper, and broccoli florets. SautØ for 3-4 minutes, stirring frequently, until the vegetables are crisp-tender. You want them to retain a slight bite.
5. Combine & : Flavor: Return the cooked chicken and the drained orzo to the skillet with the vegetables. Stir in the lemon juice, lemon zest, dried oregano, and red pepper flakes (if using). Cook for 2 more minutes, tossing everything together, to allow the flavors to meld and for the orzo to absorb some of the liquid.
6. Finish & : Serve: Remove the skillet from the heat. Sprinkle the grated Parmesan cheese over the stir fry and toss until it's melted and combined. Garnish generously with fresh chopped parsley. Serve warm and dig into this delicious, balanced meal!

## SWAPS & NOTES

**Chicken:** Boneless, skinless chicken thighs, cut into bite-sized pieces, can be used instead of chicken breast for a juicier result.

**Orzo:** While orzo is fantastic, you can swap it for other small pasta shapes like ditalini or even rice, though cooking times will vary.

**Vegetables:** This recipe is incredibly versatile!

Feel free to swap or add other quick-cooking veggies like snap peas, green beans, carrots (julienned), or mushrooms.

### TIPS FOR SUCCESS

**Prep All Ingredients First:** This is a "stir fry" style dish, meaning it cooks quickly.

Having all your ingredients chopped and measured before you start cooking will make the process much smoother.

**Don't Overcook Veggies:** SautØ vegetables until they are crisp-tender, not mushy.

This maintains their vibrant color and fresh texture.

**More recipes:** [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/lemon-chicken-veggie-orzo-stir-fry-zesty-one-pan-dinner/>