

Easy Lemon Chicken Meatballs with Creamy Orzo

Chicken, Lemon & Ricotta Meatballs with Orzo



OVEN
400°F

TIME
40 min

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INGREDIENTS

For the Meatballs:

- 1 lb (450 g) ground chicken
- 1/2 cup ricotta cheese
- Zest of 1 lemon
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/4 cup grated Parmesan cheese
- 1 large egg
- Salt and pepper, to taste

For the Orzo & Sauce:

- 1 cup orzo pasta
- 2 tablespoons olive oil
- 2 cups chicken broth
- Juice of 1 lemon

DIRECTIONS

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Mix the meatballs. In a large bowl, combine ground chicken, ricotta, lemon zest, garlic, parsley, Parmesan, egg, salt, and pepper. Mix gently until just combined. Avoid overmixing to keep them tender.
3. Form the meatballs. Shape into 1-inch balls and place on the prepared baking sheet.
4. Bake. Cook for 15-20 minutes, until lightly golden and fully cooked through.
5. Cook the orzo. Prepare according to package instructions. Drain and set aside.
6. Create the sauce. In a large skillet over medium heat, warm olive oil. Add baked meatballs and chicken broth. Simmer for about 5 minutes.
7. Finish the dish. Stir in lemon juice, then add cooked orzo. Toss gently so everything absorbs the bright, savory sauce.
8. Serve immediately with an extra sprinkle of : Parmesan and fresh parsley.

SWAPS & NOTES

Ground turkey can easily replace ground chicken.
Cottage cheese (blended smooth) works in a pinch.

Stir in baby spinach when tossing the orzo in the pan.
Add a pinch of red pepper flakes for gentle heat.

TIPS FOR SUCCESS

Don't overmix the meatball mixture - it's the key to tenderness.
Use freshly grated Parmesan for the best flavor.

Zest the lemon before juicing it (it's much easier!).

If the sauce reduces too much, add a splash of extra broth.

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

Original recipe: <https://chefmaniac.com/easy-lemon-chicken-meatballs-with-creamy-orzo/>