







One Pot Mediterranean-Style Chicken Orzo

 Calories: 437  Carbs: 53  Protein: 31  Fat: 10

SERVINGS: 4

PREP TIME: 15 MIN

COOKING TIME: 50 MIN

Ingredients

- 6 boneless chicken thighs skin removed
- 250 g orzo
- 1 stick celery diced
- 1 carrot diced
- 1 tsp salt
- 1 onion diced
- 1.5 tsp paprika
- 4 mushrooms roughly sliced
- 6 cloves garlic left whole
- 1 handful cherry tomatoes
- 1 lemon juice only
- 500 ml chicken stock made with 1 chicken stock cube and boiling water
- 1 handful flat-leaf parsley leaves roughly chopped
- 1.5 tsp ground allspice
- 0.5 tsp ground turmeric
- low calorie cooking spray

Directions

- Coat the chicken thighs in the paprika, ground allspice, turmeric and salt and leave for 10 mins. In the meantime chop the vegetables.
- Spray a large pan with some low calorie cooking spray and heat gently.
- Cook the chicken thighs until they start to brown. Turn them over and brown the other sides.
- Set the chicken aside.
- Add a few more sprays of low calorie cooking spray to the pan, then fry off the onion, carrot, celery, garlic and mushrooms until the onion is soft.
- Add the tomatoes, lemon juice and 100ml of the chicken stock. Return the chicken back to the pan and place in the oven with a lid on (or covered with foil) for 30 mins at 180°C.
- Carefully remove the pan from the oven, add the orzo, parsley and the rest of the stock, stir, and return to the oven for 20 mins with the lid off