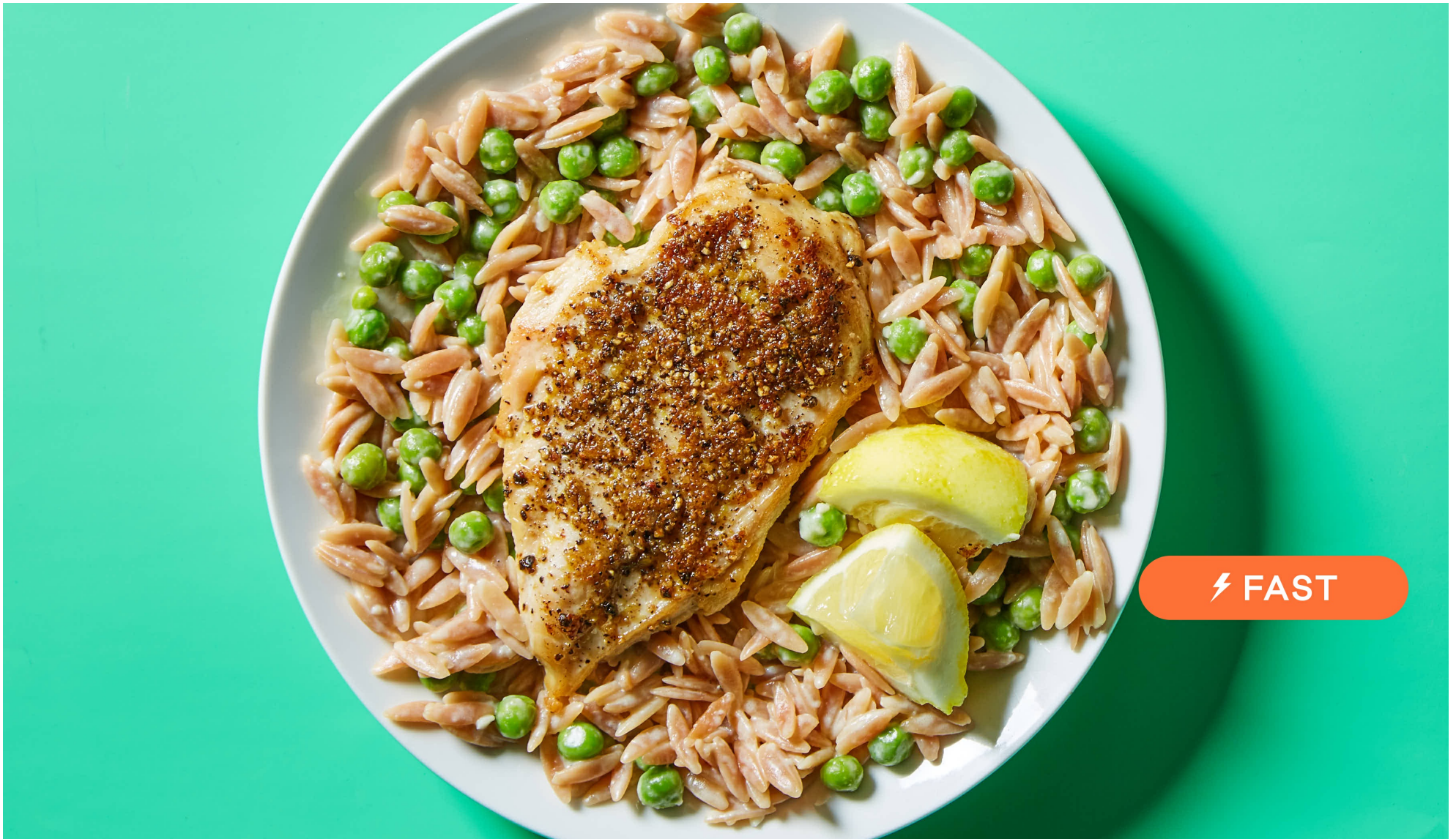




DINNERLY



⚡ FAST

Lemon-Pepper Chicken with Creamy Orzo & Peas

 20-30min  4 Servings

We all love that classic pantry staple, lemon pepper, so much in fact, that it inspired us to create a freshened up version loaded with lemon zest and a generous dose of coarsely cracked pepper. The lemon-peppery kick pairs perfectly with creamy orzo and sweet green peas. We've got you covered!

WHAT WE SEND

- lemon
- boneless, skinless chicken breasts
- peas
- garlic

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- large skillet
- medium saucepan

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 510.0kcal, Fat 22.0g, Proteins 33.0g, Carbs 43.0g



1. Toast orzo

Peel and roughly chop **2 large garlic cloves**. Heat **2 tablespoons oil** in a medium saucepan over medium-high. Add **orzo** and cook until golden-brown, 2-3 minutes. Add garlic and cook just until fragrant, about 30 seconds.



2. Cook pilaf

To the saucepan with **orzo**, add **3 cups water** and **1 teaspoon salt**. Cover and bring to a boil. Reduce heat to low and simmer, covered, until orzo is tender and liquid is mostly evaporated, about 18 minutes. Remove from heat; cover to keep warm.



3. Prep ingredients

Finely grate **Parmesan**. Finely grate **lemon zest** and squeeze **1 tablespoon juice** from half of lemon, keeping them separate. Cut remaining lemon half into wedges. In a small bowl, combine lemon zest, **1 teaspoon salt**, and **½ teaspoon coarsely cracked pepper**, rubbing together with fingers to incorporate.



4. Cook chicken

Pat **chicken** dry and rub with **oil**. Coat 1 side with **lemon zest-pepper mixture**. Heat **2 tablespoons oil** in a large skillet over medium-high. Add chicken, with seasoning side-down; cook until well browned and cooked through, 2-3 minutes per side.



5. Finish orzo and serve

Return **orzo** to medium-low, then add **all of the cream cheese, Parmesan, peas** and **lemon juice**, stirring until cheese is fully incorporated, and peas are heated through, 2-3 minutes. Season to taste with **salt** and **pepper**. Slice **chicken**, if desired, and serve on top of **orzo**. Serve **lemon wedges** on the side for squeezing over top, if desired. Enjoy!



6. Kids pitch in!

Making the lemon-pepper mixture is the perfect job for a sous-chef of any age. Have them zest the lemon and crack the pepper.