



# DINNERLY



**LOW CALORIE**

## **Skillet Chicken** with Orzo & Carrots

 30-40min  4 Servings

We challenge you to name a food more comforting than a big skillet full of orzo that has been stewed with carrots and onions. Here the orzo is topped with lean chicken breast that spiced with ras el hanout—a seasoning blend that's full of flavor but not spicy at all. We've got you covered!

## WHAT WE SEND

- red onion
- garlic
- boneless, skinless chicken breasts
- carrots
- ras el hanout spice
- chicken broth concentrate

## WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

## TOOLS

- large skillet
- meat mallet (or heavy skillet)

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 540.0kcal, Fat 17.0g, Proteins 42.0g, Carbs 51.0g



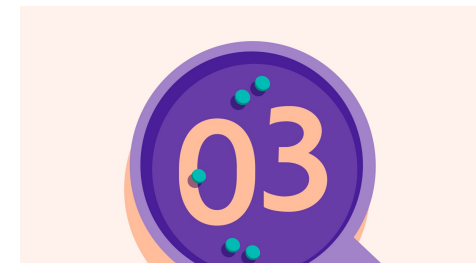
### 1. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Halve and peel **onion**, then finely chop **1½ cups**. Scrub **carrots**, then cut on an angle into **¼-inch** thick slices.



### 2. Pickle onions

In a medium bowl, whisk **2 tablespoons vinegar** and **¼ teaspoon each sugar and salt**. Add **½ cup of the onion**, toss to coat, and let marinate until step 5.



### 3. Brown chicken

Pat **chicken** dry. Use a mallet or heavy skillet to pound to an even thickness. Season all over with **1½ teaspoons salt**, **1 teaspoon of ras el hanout**, and **several grinds pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high until shimmering. Add chicken; cook until browned on underside, **2-3 minutes** (it will not be fully cooked). Transfer to a plate.



### 4. Cook carrots

Heat **2 tablespoons oil** in same skillet over medium-high. Add **carrots** and **remaining onion**. Cook, stirring, until onions are softened, about **3 minutes**. Add **½ cup water**, cover, and cook until water is evaporated, **3-4 minutes**. Add **orzo**, **garlic**, and **2 teaspoons oil**. Cook, stirring, until orzo is lightly toasted, about **2 minutes**.



### 5. Finish & serve

Add **broth concentrate**, **2¼ cups water**, **2 teaspoons of the ras el hanout**, and **1½ teaspoons salt** to skillet. Bring to a boil. Reduce heat to low. Cook until liquid is mostly absorbed, **8-9 minutes**. Season with **salt**. Add **chicken**, browned side-up, cover, and cook until cooked through, about **4 minutes**. Serve **chicken** and **orzo** topped with **pickled onions**. Enjoy!



### 6. Eat it for lunch!

We think you'll lick the skillet clean, but if you don't and find yourself with some leftover, we recommend cutting up the chicken into bite-size pieces and mixing it in with the orzo to make a fancified-chicken salad of sorts. Add dried cranberries or apricots for a hint of sweet.