



## Easy Tuscan Chicken Orzo (One Pot)

This quick and simple chicken orzo dish is Tuscan inspired and take just 30 minutes to make. It provides a balanced mix of lean protein, complex carbs, and healthy fats to support muscle recovery, sustained energy, and hydration. The spinach and sun-dried tomatoes add iron, antioxidants, and electrolytes that boost performance and reduce inflammation.

**Serves: 4, Prep time: 00:05, Cook time: 00:25**

### Instructions

1. In a large, deep frying pan, heat the oil over a medium heat. When it's hot, carefully add the chicken pieces. Cook for 5 minutes stirring occasionally until all sides are starting to colour.
2. Reduce the heat and add the garlic, sun-dried tomatoes, oregano, thyme, chili flakes and paprika. Stir for 3-5 minutes until the garlic is softened.
3. Add the orzo, stock, and some pepper and give everything a good stir and put the lid on. Cook for 10 minutes, stirring occasionally, until the orzo is almost cooked.
4. Turn the heat to the lowest setting add the spinach and cream and stir very well for 1-3 minutes until the

### Ingredients

- 650 grams Chicken breast, Skinless and boneless. Chopped (1 lb 7 oz)
- 1 tablespoon Oil, olive, Or oil from the tomatoes
- 4 Garlic, cloves, Peeled and crushed
- 170 grams Sun dried tomatoes in oil, Drained (6 oz)
- 1 teaspoon Oregano, dried
- 1/2 teaspoon Thyme, dried
- 2 teaspoon Paprika, Smoked
- 250 grams Orzo (9 oz)
- 650 milliliters Stock, Chicken or Vegetable (22 oz (U.S.))
- 150 milliliters Double cream (5 oz (U.S.))
- 50 grams Cheese, Parmesan, powder, Optional (2 oz)

spinach is wilted and the cream is heated through. Check the chicken is cooked through. Add a squeeze of lemon.

5. Turn off the heat and stir in the parmesan.

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#### Notes

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Chicken: You can use boneless, skinless chicken thighs if you prefer but you will need to adjust the cooking time to ensure the meat is cooked through. You can also use turkey breast which is what I used.

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Cheese: I did not have any parmesan when I cooked this but it was not necessary to enjoy the dish.

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Mushrooms: I did not have enough turkey breast so finely sliced 6 medium mushrooms and added them when cooking the chicken and it worked really well.

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- 120 grams Baby Spinach Leaves (4 oz)
- 1 pinch or to taste Black pepper, ground
- 1 pinch or to taste Lemon juice
- 1 pinch or to taste Chili Flakes, Optional