

Creamy Cajun Chicken Orzo

Servings: 2

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients

1 chicken breast, thinly sliced
1 cup orzo pasta
1 cup chicken broth
½ cup cream or milk
½ bell pepper, diced
1 tsp Cajun seasoning
1 Tbsp olive oil
Salt & pepper to taste
Fresh parsley (optional, for garnish)

Directions

1. **Prep the chicken:** Pat the chicken slices dry with a paper towel and lightly season with salt, pepper, and a pinch of Cajun seasoning.
2. **Sear the chicken:** Heat olive oil in a large skillet over medium-high heat. Add the chicken and sear for 4 minutes per side until golden and cooked through. Remove and set aside.
3. **Toast the orzo:** In the same skillet, reduce heat to medium. Add the diced bell pepper and cook for 1 minute. Add the dry orzo and toast for 2 minutes, stirring frequently, until lightly golden.
4. **Create the creamy base:** Pour in the chicken broth and cream. Stir well, scraping up any browned bits for extra flavor. Bring to a gentle simmer, then reduce heat to medium-low. Cook uncovered for 10 minutes, stirring occasionally, until the orzo becomes tender and creamy.
5. **Add Cajun flavor + chicken:** Stir in the Cajun seasoning. Return the seared chicken to the pan and mix into the creamy orzo. Simmer together for 3 more minutes to thicken and blend flavors.
6. **Serve:** Remove from heat, garnish with chopped parsley, and serve warm.