

# 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.