

Lemon Basil Orzo with Chicken

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Servings: 4 1 x

Ingredients

- 1/2 lb dry orzo pasta
- 2 lbs chicken breast tenders
- Olive oil
- Kosher salt and freshly ground black pepper
- 1 tsp garlic powder
- 2 TB salted butter
- 6 cloves garlic, chopped
- 1 onion, chopped
- 1 cup dry white wine
- 2 TB freshly squeezed lemon juice
- 1 cup freshly grated parmesan cheese
- 1/2 cup freshly torn basil leaves
- Garnish: Lemon wedges, more parmesan, extra basil leaves



Steps

1. In a pot of generously salted water, cook orzo just until al dente; don't overcook. Drain and toss with about 2 TB olive oil to prevent sticking. Keep warm.
2. While pasta is cooking: pat dry the moisture from chicken tenders with paper towels. In a small bowl, whisk together 1/2 tsp kosher salt, 1/4 tsp black pepper, and 1 tsp garlic powder. Sprinkle evenly on both sides of chicken pieces.
3. In a large skillet (not non-stick) add 4 TB olive oil over medium high heat. When oil is hot, cook chicken tenders just until no longer pink in center, about 2-3 min per side (depending on thickness of chicken.) Remove chicken from pan and keep warm.
4. In same used skillet, add the butter over medium high heat. Once melted, add garlic and onion, stirring 1-2 minutes until fragrant. Add wine; deglaze pan by scraping bits loose with your spatula while the liquid cooks. Reduce liquid by half, about 3 minutes. Add lemon juice and turn off heat. Add kosher salt and freshly ground pepper to taste (1/4-1/2 tsp each.)
5. Place cooked orzo in a large serving bowl; toss with freshly grated parmesan and onion/garlic mixture. Toss in basil leaves. Serve with chicken and garnish as desired.