Chicken, White Bean and Tomato Orzo

3 generous skillet portions · Active 25 min · Total 45 min

Skills: Intermediate

Ingredients

- 12 oz boneless skinless chicken thigh, cut into 3/4-inch pieces (340 g)
- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (100 g)
- 2 garlic cloves, minced
- 3/4 cup dry orzo (135 g)
- 1 can chopped tomatoes (14.5 oz/411 g)
- 1 1/4 cups low-sodium chicken stock (300 ml)
- 1 teaspoon dried oregano
- 1/2 teaspoon fine salt
- 1 can cannellini beans (15 oz/425 g), drained and rinsed
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley
- 1/4 teaspoon ground black pepper

Set out

12-inch deep skillet with lid, at least 3-quart capacity, Spatula, Measuring jug, Instant-read thermometer

Allergens

Wheat. Check labels and substitutions.

Make it

1. Heat oil in the deep skillet over medium-high. Brown chicken in one layer for 4–5 minutes, turning once. It need not be fully cooked yet.

2. Add onion and cook for 4 minutes, stirring. Add garlic and oregano for 30 seconds.

3. Stir in dry orzo, tomatoes, stock, salt and black pepper. Bring to a simmer, cover loosely and cook over medium-low for 10–12 minutes, stirring from the base every few minutes.

4. When orzo is almost tender, fold in beans. Simmer for 3–4 minutes until the pasta is tender, beans are hot and chicken reaches 165°F/74°C. Add tablespoons of boiling water if the pan dries before the pasta softens.

5. Turn off the heat, add lemon juice and parsley and serve.

Keep a spare portion useful

Choose a shallow box that can hold the whole serving without being packed to its lid. A tightly compressed, deep block of pasta is harder to reheat evenly during a short break.

A useful detail

Use a deep skillet with enough room to stir safely. If the pan is small, make half the recipe rather than filling it to the rim.

Keep it well

Refrigerate portions in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C with a little water or stock, stirring halfway through.