



CREAMY TUSCAN CHICKEN ORZO

PREP TIME: 10 MINS **COOK TIME:** 20 MINS

TOTAL TIME: 30 MINS

SERVINGS: 6

WINE PAIRING: 2025 ROSÉ OF CAB FRANC



Ingredients:

1 tablespoon olive oil	1 cup heavy cream
2 large chicken breasts	3 cups fresh spinach substitute 1 cup frozen spinach
2 tablespoons unsalted butter	½ cup parmesan cheese
1 large shallot finely chopped	¼ cup fresh basil sliced
3 cloves garlic finely chopped	2 teaspoons lemon juice
½ teaspoon red pepper flakes optional	
½ cup sundried tomatoes	
1 ½ cups orzo	
½ cup white cooking wine	
2 teaspoons Dijon mustard optional	
2 teaspoons fresh thyme	
3 cups vegetable stock substitute chicken stock or water	

Instructions:

1. Slice chicken breasts in half lengthwise so that they're thinner and cook more quickly. Season lightly with salt and pepper.
2. In a large skillet or cast iron, heat the olive oil over medium-high heat. Sear the chicken breasts for 1-2 minutes on each side. Then remove and set aside.
3. Add in the butter, shallot, garlic, and red pepper flakes and cook for about 5 minutes, until soft and aromatic.
4. Then add in the sundried tomatoes and dry orzo and toast for 1-2 minutes, stirring frequently.
5. Then add in the white wine to de-glaze the pan and make sure to scrape up any browned bits on the bottom of the pot.
6. Stir in the Dijon mustard, fresh thyme, and vegetable broth. Bring to a boil and then reduce the heat to a simmer.
7. Place the chicken breasts back in the pan. Then cover and let simmer for 10-15 minutes (stirring occasionally so that the orzo doesn't stick to the bottom of the pan) until both the orzo and chicken are fully cooked and most of the liquid is absorbed.
8. Remove the chicken breasts and thinly slice.
9. Then stir in the heavy cream, parmesan, spinach, basil, and lemon juice. Taste and add more salt and pepper if needed.
10. Top with the sliced chicken breasts and garnish with fresh basil