



Chicken & Orzo

High pro Med carb Lunch



By SENPRO Admin

This is perfect to pop into Tupperware and have for lunch. It is a well balanced meal including: lean protein, carbohydrates and fats. Orzo is rice-shaped pasta so cooks very quickly.

Prep: 10 min

Cook: 35 min

Fresh: 2 days

Beginner

Ingredients for 1 Portion(s)

1 average breast Chicken breast

1 whole, medium Red pepper

6 single Cherry tomatoes

60 g Tesco Finest Orzo Pasta

30 g Tesco Chargrilled Artichokes

30 g Feta cheese

30 g Green olives

1 Tbsp Green pesto

10 g Fresh parsley

Method

Preheat the oven to 180/Gas Mark 5. Place the chicken breast onto an ovenproof tray and season with salt and pepper, coat with a little olive oil or Frylight.

Cut the peppers and tomatoes, season, coat with some olive oil or Frylight and place on the same tray with the chicken. Place into the oven for 35 minutes.

Meanwhile, cook the orzo as per packet instructions. Once cooked add the chopped olives, sliced artichokes, cubbed feta, chopped parsley and pesto.

When the chicken, peppers and tomatoes are cooked remove from the oven and slice the chicken. Add to the orzo mixture.

Enjoy immediately or add to Tupperware and enjoy on-the-go!