



SEARED CHICKEN  
WITH CREAMY  
ORZO

Chicken



Orzo



Contains  
Gluten & Dairy

Spinach



Lemon  
velouté



Contains Dairy

- STEP 1** Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove chicken from plastic and place on parchment paper. Place in hot oven for 10-15 minutes or until chicken reaches an internal temperature of 165°F.
- STEP 2** While the chicken is roasting, heat up a saute pan over medium heat .
- STEP 3** Add orzo to sautee pan and stir often until warm and creamy.
- STEP 4** Fold spinach into orzo.
- STEP 5** Transfer lemon velute to a microwave safe dish. Heat for 15-30 seconds.
- STEP 6** To plate your meal, place chicken alongside veggie orzo. Top with lemon velute. Serve immediately.