

One Pot Lemon Braised Chicken Thighs, Artichokes, Green Beans, Orzo

Serving Size: 1 piece of chicken + 1 cup of rice Makes: 8 servings

Ingredients

¼ cup	Canola Oil
1-3/4 lbs	Chicken Thighs, boneless, skinless
2 cups	Orzo, dry
2 TBSP	Garlic, minced
1 quart	Chicken Broth
1 lb	Green Beans
1 cup	Artichoke Hearts, canned, quartered
¾ tsp	Salt
½ tsp	Black Pepper, ground
¼ cup	Lemon Juice
½ cup	Parsley, fresh chopped
1 each	Lemon, cut into 8 wedges

NUTRITION FACTS PER SERVING

calories	420
total fat (g)	14
saturated fat (g)	2
trans fat (g)	0
sodium (mg)	560
total carbohydrate (g)	47
dietary fiber (g)	5
sugar (g)	4
protein (g)	27



Preparation

1. In a Dutch oven or rondeau, heat oil. Sear chicken thighs until golden brown on both sides.
2. Stir orzo and garlic into Dutch oven with chicken. Allow orzo to toast slightly. Stir chicken broth into pot. Bring up to a simmer. Use a wooden spoon to stir, scraping the bottom of the pot so orzo does not stick.
3. Once liquid is about half absorbed, stir in green beans.
4. Cook until green beans are tender, and liquid is absorbed. Continue stirring frequently, orzo is more likely to stick to pot as more liquid is absorbed.
5. Stir artichokes into orzo mixture, cook until heated through.
6. Remove from heat, stir in salt, pepper, lemon juice and parsley.
7. Serve each portion with a lemon wedge.



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