

Lemon Orzo & Almond Crusted Chicken

Serving

Recipe Yields: 4 cups orzo

Serving Size:
~3/4 cup orzo

Recipe Serves:
~5 servings

Time Required

Prep Time: 5 minutes

Total Cook Time: 30-45 minutes

What You Will Need

Ingredient	Amount	
<i>For the Almond Crusted Chicken</i>		
Eggs	2	whole
Almond Flour	2	cup
Chicken Breast, <i>scallopini or thinly sliced</i>	1	lb
Canola Oil or Avocado Oil		
<i>For the Lemon Orzo</i>		
Olive Oil	1	tbsp
Garlic, <i>minced</i>	1	tsp
Orzo	3/4	cup
Chicken Stock	3	cup
Asparagus tips	~20	
Green Peas	1	cup
Salt & Pepper		dash
Lemon Zest	2	lemons
Lemon Juice	2	lemons



Recipe Instructions

1. **For the chicken:** In a small mixing bowl, whisk together the eggs. In a separate shallow bowl, add the almond flour.
2. Taking one piece of chicken at a time, dip in the whisked eggs and then transfer to the almond flour to coat the entire surface. Set the breaded chicken slices on a clean plate.
3. Begin heating a large skillet over medium/low heat. Add enough canola oil/avocado oil to lightly coat the bottom of the skillet.
4. When warm, place each piece of breaded chicken in the skillet to cook ~5 minutes each side. Check to make sure pieces are cooked thoroughly by cutting into them or using a cooking thermometer. Once cooked, cover and set aside.
5. **For the orzo:** In a shallow pan, begin warming the olive oil over medium heat. Add the minced garlic and orzo, mix well to coat the orzo with the warm oil.
6. When the orzo begins to brown/slightly sizzle, add 1 cup of chicken stock, continue to mix occasionally.
7. When the orzo begins to bubble slightly, add the asparagus tips and green peas. Continue to mix occasionally to prevent sticking.
8. Add 1 more cup of chicken stock when the orzo begins to dry out, continue to mix occasionally.
9. Repeat step #8 when the orzo begins to dry out again. Add a dash of salt, pepper, and half the lemon zest and juice. Continue to let simmer until the orzo has soaked up the rest of the chicken stock.
10. Turn the stove off and add the remaining lemon zest and juice, mix well before serving.