



Chicken and pepper one pot

Prep: 15 minutes • Cook: 45 minutes • Serves: 2



Ingredients

2 chicken thighs (150-160g), skin removed
1 dessert spoon (10ml) olive oil
1 red pepper, cut into 3cm chunks
1 green pepper, cut into 3cm chunks
1 shallot, finely chopped
1 garlic clove, chopped
2 red chillies, sliced and deseeded
150g orzo pasta
1 dessert spoon (10ml) sweet paprika
250ml low-salt chicken stock
75g cherry tomatoes
Black pepper
Small handful parsley, chopped (optional)
10g crème fraîche (optional)

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✓
Low fat ✓

Cost per portion (January 2023) **£2.18**

Carbohydrate **64.5g**

Energy in kcals **437**

- 1** Preheat oven to 190°C / fan 170°C / gas mark 5. Put olive oil into a flameproof casserole dish and place over a medium heat on the hob. Season chicken with black pepper and cook until sealed on each side. Transfer to a plate for later.
- 2** Add the peppers into dish and cook for 3 to 4 minutes, then add shallots, garlic and chillies. Cook for a further 5 minutes until softened. Stir in orzo and paprika.
- 3** Pour the stock over and an additional 200ml of boiling water to completely cover the orzo. Place the chicken and tomatoes on top of the orzo and bake in oven for 30 minutes.
- 4** Serve in bowls, topped with the crème fraîche and chopped parsley if desired.