

Lemon Chicken Orzo with Cabbage

Serves 2

Ingredients

- 2 chicken cutlets (about 120 g each), patted dry
- ½ tsp ground black pepper
- ½ tsp salt, divided
- 1½ tsp grated lemon zest
- 1½ T extra-virgin olive oil, divided
- ½ small head green cabbage (about 450 g), very thinly sliced (~3 cups)
- 1 large shallot or red onion, finely chopped (3 T)
- 3 cloves garlic, minced (1 T)
- 135 g dry orzo
- 2 T lemon juice
- 360 ml chicken stock, ½-strength (~450 mg sodium total)
- 80 g 7-11 糖質ー75%オフ調整豆乳
- 14 g unsalted butter (optional but recommended for flavor)
- 25 g finely grated Parmesan cheese, plus extra for garnish
- 1 T sliced chives or green onion tops



Instructions

1. Preheat oven to **180°C**. Use a wide, shallow oven-safe skillet or lidded casserole.
2. Season **chicken** with **pepper**, **¼ tsp salt**, and **half the lemon zest**.
3. Heat **1 T olive oil** in the skillet over **medium-high**. Sear chicken **3–4 minutes per side** until lightly golden (not fully cooked). Remove to a plate.
4. Reduce heat to **medium**. Add remaining **½ T oil**, **cabbage**, **shallot or red onion**, and remaining zest. Season lightly with a pinch of **salt**. Cover and **cook 6–8 minutes** until softened.
5. Add **garlic** and cook **30 seconds** until fragrant.
6. Stir in **orzo** and **toast 1 minute**.
7. Add **lemon juice**, **stock**, **soy milk**, and remaining **¼ tsp salt**. Stir well.
8. Nestle chicken pieces on top. Cover tightly with lid or foil.
9. Transfer to oven and **bake 18–22 minutes**, until orzo is tender and chicken reaches 74°C internal temperature.
10. Remove from oven. Stir in **Parmesan** and **butter** (if using) until creamy.
11. **Rest covered 5 minutes**. Garnish with **chives** and extra **Parmesan**.

Notes on Soy Milk Creaminess

- Use well-emulsified soy milk (shake carton well).
- Parmesan provides most of the body; butter adds roundness but can be omitted.
- If sauce seems loose, rest covered 5–10 minutes before serving.

Suggested Side Vegetables

- Roasted asparagus (180°C, olive oil, lemon)
- Steamed green beans with olive oil and black pepper
- Simple cucumber salad for contrast

Nutrition (per serving)

Kcal: ~600 | Protein: ~40 g | Fat: ~20 g | Sat. Fat: ~6 g | Carbs: ~60 g | Sugars: ~5 g | Fiber: ~7 g | Sodium: ~760 mg