

## High-Protein 3-Cheese Chicken & Broccoli Orzo

### チキンとブロッコリーの3種チーズオルゾ

Serves: 4 | Pan: 26 cm skillet or sauté pan with lid



#### Ingredients

- 450 g chicken breast, bite-size pieces (鶏むね肉)
- ½ tsp Italian seasoning
- ¼ tsp salt + pinch MSG (塩+MSG)
- ¼ tsp black pepper (黒こしょう)
  
- 120 g onion, finely chopped (玉ねぎ)
- 1 T / 12 g garlic, minced (にんにく)
- 300 g broccoli florets (ブロッコリー)
  
- 160 g dry white orzo (オルゾ)
- 720 ml chicken stock
- ¼ tsp salt + pinch MSG (塩+MSG)
  
- 120 g garlic-herb cream cheese
- 40 g Parmesan (パルメザン)
- 60 g Cheddar, divided (チェダー)
  
- 2 T fresh chives (チャイブ)
  
- 1 T canola oil (キャノーラ油)
- 1 tsp olive oil (オリーブオイル)

#### Instructions

1. Pat **chicken** dry with paper towels. (*Helps proper browning.*)
2. Toss **chicken** with **salt + MSG**, **pepper**, and **half (¼ tsp) the Italian seasoning**.
3. Heat **canola oil** over **medium-high heat**.
4. Add **chicken** in a single layer. (*Do not overcrowd the pan.*)
5. Cook about **6–8 minutes** total, turning occasionally. (*Light browning is sufficient.*)
6. Remove chicken to plate and cover lightly with foil. (*Do not clean pan.*)
7. Reduce heat to **medium**.
8. Add **olive oil** and **onion**. **Cook 4–5 minutes** until softened and lightly golden.
9. Add **garlic** and **cook** about **30 seconds**. (*Do not brown.*)
10. Add **broccoli**. **Cook 2–3 minutes**, stirring. (*Should be bright green and slightly tender.*)
11. Add **stock**, **orzo**, and **remaining seasoning (¼ tsp)**.

12. Stir and **bring to a boil**.
13. **Reduce** to gentle **simmer**.
14. Cook **orzo 8–9 minutes**, stirring occasionally. (*White orzo cooks faster. Mixture should remain slightly loose.*)
15. Add a splash of **stock** if needed.
16. Reduce **heat** to **LOW**.
17. Add **cream cheese, Parmesan, and 40 g Cheddar**.
18. Stir gently until melted and creamy. (*Do not boil after adding cheese.*)
19. Return **chicken** to pan.
20. Add **half the chives** and stir gently.
21. Cover and rest **2–3 minutes**.
22. Sprinkle remaining **Cheddar** and **chives**.
23. Serve immediately.

### Notes

- White orzo cooks faster than whole-wheat.
- Final texture should be creamy and slightly loose.
- Do not boil after adding cheese to avoid grainy texture.
- Broccoli should remain slightly firm, not mushy.
- Chicken finishes gently during resting stage.

### Nutrition

**Per serving:** Kcal: 560 | Protein: 42 g | Fat: 24 g | Sat Fat: 11 g | Carbs: 48 g | Sugars: 6 g | Fiber: 5 g | Sodium: 850 mg | Omega-3: 0.3 g

**Total dish:** Kcal: 2240 | Protein: 168 g | Fat: 96 g | Sat Fat: 44 g | Carbs: 192 g | Sugars: 24 g | Fiber: 20 g | Sodium: 3400 mg | Omega-3: 1.2 g