

## High-Protein Lemon Chicken Orzo with Cabbage レモンチキンとキャベツのオルゾ

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

### Ingredients

- 450 g chicken breast cutlets (鶏むね肉)
- ¼ tsp salt + pinch MSG (塩+MSG)
- ½ tsp black pepper (黒こしょう)
- 2 tsp lemon zest (レモンの皮)
- 450 g green cabbage (キャベツ)
- 80 g shallots or onion (玉ねぎ)
- 2 T / 12 g garlic (にんにく)
- 180 g dry white orzo (オルゾ)
- 60 ml lemon juice (レモン汁)
- 720 ml chicken stock
- ¼ tsp salt + pinch MSG (塩+MSG)
- 50 g Pecorino Romano (ペコリーノ)
- 60 ml milk + 30 ml cream (牛乳+生クリーム)
- 28 g butter (バター)
- 2 T fresh chives (チャイブ)
- 1 T canola oil (キャノーラ油)
- 1 T olive oil (オリーブオイル)



### Instructions

1. Pat the **chicken** cutlets dry with paper towels.  
(*This helps the surface brown properly instead of steaming.*)
2. Season both sides with **salt + MSG, black pepper**, and ½ of **lemon zest**.
3. Heat **canola oil** in a skillet over **medium-high heat**.
4. Add **chicken** in a single layer; do not crowd.
5. Cook **4–5 minutes per side** until just cooked through.
6. Remove and rest. Do not wipe the pan.
7. Add **cabbage, onion**, and remaining half of **zest**.
8. Cover and **cook 10–12 minutes**, stirring occasionally. Add a little water if needed.
9. Remove cabbage mixture.
10. Add **olive oil** and **garlic**; **cook 30 seconds**.
11. Add **orzo** and **toast 1 minute**.
12. Add **lemon juice** and **salt + MSG**; cook until mostly absorbed.
13. Add **stock**; bring to **simmer**.
14. **Cook 7–8 minutes** until tender but slightly loose.
15. Remove from heat; add **cheese, milk/cream, butter**.
16. Stir until creamy.
17. Fold **cabbage** back in.
18. Slice **chicken** and place on top.
19. Cover 2–3 minutes to warm.
20. Finish with **chives** and serve.

### Notes

- White orzo cooks faster than whole-wheat.
- Texture should be slightly creamy, not dry.
- Greek yogurt can replace milk/cream (add off heat).
- Do not overcook chicken.

### Nutrition

**Per serving:** Kcal: 520 | Protein: 38 g | Fat: 22 g | Sat Fat: 9 g | Carbs: 45 g |  
Sugars: 6 g | Fiber: 5 g | Sodium: 850 mg | Omega-3: 0.3 g

**Total dish:** Kcal: 2080 | Protein: 152 g | Fat: 88 g | Sat Fat: 36 g | Carbs: 180 g |  
Sugars: 24 g | Fiber: 20 g | Sodium: 3400 mg | Omega-3: 1.2 g