

Lemon Orzo with Chicken, Asparagus & Garlic Crumbs

鶏肉とアスパラのレモンオルゾ ガーリックパン粉添え

Serves: 4 (with light leftovers)



Ingredients

Protein

- 300 g chicken breast or thigh, bite-size (鶏肉)
- ½ tsp salt + ⅛ tsp MSG (塩+MSG)

Pasta & Vegetables

- 120 g orzo (オルゾ)
- 250 g asparagus, sliced (アスパラガス)
- 40 g onion or shallot, finely chopped (玉ねぎ/エシャロット)
- 2 cloves garlic (にんにく)

Dressing / Finish

- 2 T / 28 g olive oil (オリーブオイル)
- 1 tsp lemon zest (レモン皮)
- 1–2 T / 15–30 ml lemon juice (レモン汁)
- 70 g Greek yogurt (ギリシャヨーグルト)
- 30 g Parmesan (パルメザン)
- 20 g herbs (parsley/dill/mint) (ハーブ)

Garlic Breadcrumbs

- 1 T / 14 g olive oil (オリーブオイル)
- 40 g panko (パン粉)
- 1 small garlic clove (にんにく)

Instructions

1. Season **chicken** with **salt + MSG**. **Sauté** in pan until lightly browned and just cooked through. Remove.
2. In same pan, **sauté onion** until soft. Add **garlic** and cook briefly.
3. Cook **orzo** in salted water. Add **asparagus** in **last 2 minutes**. Drain.
4. In bowl, combine **olive oil**, **lemon zest**, **lemon juice**, and **yogurt**.
5. Add **orzo**, **asparagus**, **chicken**, **herbs**, and **Parmesan**. Toss to coat.
6. In pan, toast **panko** in **oil** until golden. Remove from heat, add **garlic**.
7. Plate or transfer to dish. Top with **breadcrumbs** and extra **Parmesan**.
8. Adjust seasoning. Rest briefly before serving.

Nutrition (per serving)

Kcal: 520 | Protein: 35 g | Fat: 18 g | Sat Fat: 5 g | Carbs: 50 g | Sugars: 6 g |
Fiber: 5 g | Sodium: 650 mg | Omega-3: 0 g