

ONE-POT CHICKEN STROGANOFF WITH ORZO

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COOK TIME: 30mins

SERVES: 4

CALORIES: 591 kcal (PER SERVING)

INGREDIENTS

450 g/1 pound boneless/sinless chicken thighs,
cut into bite-sized pieces
300 g/11 oz orzo pasta
250 g/9 oz mushrooms, a mix of cremini
mushrooms and shiitakes
1 small onion, finely chopped
4 garlic cloves, minced
1 tbsp olive oil
2 tbsp unsalted butter
1 tsp each: salt, black pepper and sweet paprika
1 tsp white miso paste
1 tbsp wholegrain mustard
1 tsp balsamic vinegar
1/2 cup/50 ml white wine, like Pinot Grigio
5 cups/1.25 L chicken broth
3/4 cup/200 ml full-fat sour cream
2 tbsp parsley, more for serving

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic and finely chop the onion. Thinly slice the cremini mushrooms and tear shiitakes into pieces. Cut chicken thighs into bite-sized pieces.

Heat oil and 1 tbsp butter in a large non-stick skillet or Dutch oven over medium-high. Add chicken in a single layer. Season with salt, black pepper and paprika. Cook, turning a few times, until golden-brown, about 5 minutes. Transfer the chicken to a clean plate.

Add mushrooms, cook until they start to release some moisture. Then stir in the remaining butter and add garlic and onion. Cook until fragrant and soft, about 2 minutes.

Pour in white wine, stir while you scrape the browned bits from the bottom of the pan with a wooden spoon. Cook for 2 minutes.

Stir in orzo. Then add chicken broth and bring to a boil. Reduce the heat to maintain a simmer. Cook uncovered, stirring frequently to keep the orzo from sticking, until al dente and most of the liquid is absorbed, about 10 minutes.

When orzo is ready, stir in balsamic vinegar, wholegrain mustard and white miso paste. Return chicken and any accumulated juices to the skillet and stir to combine. Cook, stirring occasionally, until the chicken is cooked through, about 5 minutes. Turn off the heat, add sour cream and parsley, stir to combine.

Finish off with black pepper and chopped parsley. Serve!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.