

CREAMY CHICKEN ORZO SOUP

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COOK TIME: 40mins

SERVES: 4

CALORIES: 529 kcal (PER SERVING)

INGREDIENTS

1 tbsp olive oil
1 tbsp unsalted butter
1 medium brown onion, finely chopped
4 garlic cloves, minced
2 carrots, sliced
spices: 1 tsp each: salt, black pepper,
dried thyme, dried oregano
1 bay leaf
2 whole chicken breast fillets,
(about 450 g/1 pound)
1.2 L/5 cups chicken broth
1 tbsp soy sauce
juice from 1/2 lemon
350 ml/1 1/2 cup cream 20% fat
180 g/6 oz orzo
80 g/3 oz spinach
freshly ground black pepper, for serving
crushed red pepper flakes, for serving

DIRECTIONS

Get all the prep done before you start cooking: mince the garlic, finely chop the onion, peel and thinly slice the carrots.

Heat oil and butter in a large pot over medium. Add garlic and onion, cook for 2 minutes, until soft. Stir in spices, cook until fragrant, for 1 minute. Add in carrots and the chicken fillets.

Pour in broth, add soy sauce and bay leaf. Bring to a boil, cover and lower the heat. Simmer for 15 minutes.

When ready, remove the chicken fillets and place onto a clean plate. Add cream, lemon juice and orzo. Stir, cover, bring to a boil and simmer for 10 minutes, or until the orzo is al dente.

In the meantime, shred the chicken using two forks. Hold a fork in each hand, and use them to pull the meat apart.

When ready, return chicken to the pot. Add spinach, stir and simmer for 2 minutes, or until the spinach is wilted. Taste, and adjust salt. Finish off with freshly ground black pepper and red pepper flakes. Serve!

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