

WHAT A PICKLE!



Chicken with Orzo, Lemon and Thyme

A fantastic one pot supper for 4

INGREDIENTS

8 Chicken Thighs
Olive Oil
1 White Onion
1 Red Onion
1/2 leek
4 sticks of celery
1 lemon Zest and juice
Fresh Thyme
Fennel fronds
2 Sprigs of Lovage
460g Orzo
1 dessert spoon of
butter
150ml wine
500ml Chicken Stock
Salt and Pepper to
season
Fresh Coriander to
garnish

METHOD

- Pre heat oven to 180 deg C.
- Brown your chicken thighs in olive oil
- Lift the Chicken Thighs out of the frying pan and put aside
- Use the lovely brown cooking juices to fry your onions, leek, celery, lemon zest, thyme, fennel fronds and lovage.
- Cook until all this is soft and the onion has started to lightly brown.
- Add the orzo and fry until you smell a toasty smell, at this point add the wine, and let the orzo take up the aromas from the pan, then add the chicken stock.
- Lay the chicken thighs on top of the orzo, flavouring ingredients and stock. Gently bring back to the boil and replace the lid.
- Put into the oven for approximately 20 mins or until the orzo is cooked (it should be "al dente" which means cooked but firm to bite)
- When ready taste and season with salt and pepper if necessary.
- Add the juice of 1 lemon and garnish with some fresh Coriander
- Serve with some roasted vegetables and a green salad