

Choco Fever Dream

Cajun Orzo: One-Pot Comfort Food

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 cup orzo pasta
- [ ] 2 cups low-sodium chicken broth
- [ ] 1 tablespoon Cajun seasoning
- [ ] 1 red bell pepper, diced
- [ ] 1 orange bell pepper, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tablespoons olive oil
- [ ] 1 tablespoon lemon juice
- [ ] ¼ cup grated Parmesan cheese
- [ ] Salt and pepper to taste

Optional Add-Ins

- [ ] Cooked chicken breast, sliced
- [ ] Cooked shrimp, peeled
- [ ] Fresh parsley, chopped

Instructions

1. Heat olive oil in a large pot over medium heat; add garlic and sauté until fragrant, about 30 seconds.
2. Stir in the diced bell peppers and Cajun seasoning, cooking until the peppers soften and the spices become aromatic.
3. Add the orzo, tossing to coat with the seasoned oil, then pour in the chicken broth. Bring to a gentle boil, then reduce to a simmer.
4. Cook, stirring occasionally, until the orzo is tender and the liquid is mostly absorbed, about 12-15 minutes.
5. Fold in lemon juice, Parmesan, and any optional protein. Season with salt and pepper, then remove from heat.
6. Serve immediately, garnished with fresh parsley if desired.

Nutrition per serving

380 kcal	18 g	45 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the orzo seems dry, add a splash more broth.
- Taste and adjust the Cajun heat to your preference.
- A drizzle of extra-virgin olive oil adds a silky finish.